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429.

MEMORANDA

ON

FRANCE, ITALY, AND GERMANY,

WITH REMARKS ON

CLIMATES, MEDICAL PRACTICE, MINERAL WATERS, &c.

TO WHICH IS ADDED

AN APPENDIX

ON SOME OF THE PREDISPOSING CAUSES OF DISEASE,

AND ON

THE ADVANTAGES OF TRAVEL AND A RESIDENCE ABROAD.

BY EDWIN LEE, Esq., M.R.C.S.,

CORRESPONDING MEMBER OF SEVERAL OF THE PRINCIPAL EUROPEAN MEDICAL AND CHIRURGICAL SOCIETIES, AUTHOR OF THE "BATHS OF GERMANY," "A TREATISE ON SOME NERVOUS DISORDERS," &c.

"Dico di quel che non sapete forse."

ARIOSTO.

LONDON:

SAUNDERS AND OTLEY, CONDUIT STREET.

MDCCCXLI.

429.

LONDON:
PRINTED BY G. J. PALMER, SAVOY STREET.

TO

W. F. CHAMBERS, K. C. H.

PHYSICIAN IN ORDINARY TO HER MAJESTY AND TO THE QUEEN DOWAGER,

TO WHOM THIS SMALL VOLUME

IS INSCRIBED,

WITH EVERY SENTIMENT OF RESPECT AND ESTEEM.

MY DEAR SIR,

WERE I desirous of dedicating a work to the individual in our profession who stands highest in the estimation of the medical and non-medical public, I know no one whose name could be more appropriately affixed to it than yours; but I am principally happy in being able to avail myself of the opportunity for expressing my grateful acknowledgments, both for the advantages I derived from your instructions during my studies, and for the uniform kindness I have ever experienced at your hands. That you may long be enabled to pursue your high, though arduous calling of doing good, is the sincere prayer of,

Dear Sir,

Ever most faithfully yours,

THE AUTHOR.

June 1, 1841.
38, *Golden Square.*

PREFACE.

SINCE the powers of human invention have in some measure produced the effect formerly ascribed to benignant spirits of

> "Charming the narrow seas
> To give you gentle pass,"

and also from the increased facilities for locomotion which travellers have of late years enjoyed, an excursion to the continent is regarded much in the light as a visit to an English watering-place, being frequently undertaken with less preparation. Accounts of France, Italy, and Germany, have consequently become so plentiful—several of them the result of observations made during a two or three months' tour—that the presentation to the public of anything in the shape of a book of travels in those countries requires to be prefaced by some explanation of the author's motives; and, although, after having been acquainted for twenty years with the continent, and after repeated visits

abroad, and residences for a longer or shorter period in many of the places I have more particularly mentioned, during the last twelve years, I might be justified in offering without apology a more voluminous publication ; yet as my object is not

" Narrar altrui
Le novitá vedute e dire io fui,"

but is chiefly to impart information respecting some matters in which (though all travellers are interested) the class of travellers for health are more especially concerned, I have restricted my memoranda within very narrow limits, cursorily alluding to the leading objects of interest, manners, &c. of particular localities, and refraining altogether from lengthened descriptions, with which the public has been so repeatedly favoured; and I have more particularly dwelt upon those points most likely to interest valetudinarians, and the medical profession; though, having previously entered more fully into the consideration of some of them (Medical Institutions, &c. of the Continent; Baths of Germany) in separate publications, I have avoided repeating what I have already said respecting them.

Little was known in this country about the climates of the continent previous to the publication of the standard work of Sir J. Clark, (in which

will be found a mass of detailed information on the climates of England, as well as those abroad,) and numerous invalids were in consequence sent to various places which were but ill calculated to ameliorate their condition; others left their homes, when in a state little likely to be benefited by any change. Desirous of contributing to the diffusion of information on this important subject, I appended some remarks on climate to the observations on Italian Medical Institutions, which appeared nine years ago in a medical periodical; and two years later, when in Scotland, I published a 12mo. of little more than a hundred pages, containing a brief account of some of the localities in Italy and their climates, and also of the mineral springs of Rhenish Germany, which at that period were but little known in England;* since which, my opportunities of observation having been greatly increased, I have endeavoured to make these subjects more generally known and appreciated; and also in the present work to point out the advantages and disadvantages which several places present, with reference to a continued residence;

* Notes on Italy and Rhenish Germany, with Professional Notices of the Climates of Nice, Pisa, Florence, Rome, and Naples, and of the Mineral Springs of Baden, Wisbaden, Schwalbach, Ems, and Aix-la-Chapelle. Laing and Forbes, Edinburgh.

and likewise for the more temporary sojourn of invalids.

The importance of directing attention to some of the more common predisposing causes of several of the diseases and disordered states of health, which are sometimes irremediable, and for the relief of which recourse is so frequently had to foreign travel, climates, &c., must be my apology (if any be required) for the length of some of the quotations in the Appendix, and also for the allusions which I have thought requisite to introduce, relative to some points connected with our social system; the chief object of this work being, as I have before said, to diffuse information which may conduce to the removal, or, what is of more consequence, to the prevention of disease.

London, June 1, 1841.

CONTENTS.

Mr. Lee begs to intimate his intention of returning to Brighton in September.

London, June 1st, 1841.

CHAPTER III.

Road to Lyons—Chalons—Lyons—The Rhone—Marseilles—Hospitals of Marseilles—Climate of Provence. 29

CHAPTER IV.

Flocks of La Camargue—Arles—Nismes—An execution—Montpelier—Climate and Medical School of Montpelier—Cette—Baths of Balarue—Canal du Midi. 41

CHAPTER V.

Toulouse—Climate—Bagnères de Luchon—Bagnères de Bigorre—Baths—Lourdes—Valley of Argelés — The Cagots—Barèges, and its Mineral Springs—St. Sauveur—Gavarnie, and Cirque de Marboré . 54

CHAPTER VI.

Cauterets and its Mineral Springs—Pau—Climate of Pau The Eaux Bonnes and Chaudes—Inhabitants of Pyrenees—The Landes—Bordeaux—Climate of Bordeaux. 73

CHAPTER VII.

Hyères and its Climate—Nice—Climate of Nice, and Diseases in which it is beneficial—Best localities for residence—Cornice road—Genoa—Climate of Genoa. 90

CHAPTER VIII.

Road to Lucca—Baths of Lucca—Pisa—Climate of Pisa —Leghorn — Florence — Societa della Misericordia— — The Florentines—Society—Hospitals and Medical Practice—Climate of Florence—Road to Rome . 108

CHAPTER IX.

Rome—Churches and Picture Galleries—Society—Roman characteristics—Religious Ceremonies—Dr. W.'s Lectures 133

CHAPTER X.

Prevalent Diseases— Hospitals and medical practice of Rome—Malaria—Climate of Rome, and complaints to which it is suited . . . 154

CHAPTER XI.

Road to Naples by Terracina—Hospitals—Prevalent diseases and medical practice—Establishment for the Insane at Aversa—Environs of Naples—The Neapolitans—Climate of Naples—Mineral Springs . 166

CHAPTER XII.

Via Latina—Abbey of Monte Casino—From Rome to Florence by Perugia — The Apennines —Bologna — Parma—Congregazione della Caritá . . 183

CHAPTER XIII.

Milan—Hospitals—Pellagra—The Milanese—The Lakes —Simplon—The Valais—Goître and Cretinism—Aix les Bains—Turin—Road to Nice by the Col di Tenda— Berne—Interlacken . . . 196

CHAPTER XIV.

Venice—Pass of Ampezzo—Innspruck—Munich—The Bavarians 217

CHAPTER XV.

Valhalla—Nuremberg—Erlangen—Caves of Muggendorf —Dresden—Leipsic—Homœopathy and animal magnetism—Weimar 239

CHAPTER XVI.

Stuttgard—Wildbad—Baden—Heidelberg—Mannheim— Frankfort—Nassau—Wisbaden—Schwalbach—Ems. 258

CHAPTER XVII.

Mayenne—The Rhine—Aix-la-Chapelle—The Meuse—Brussels—Road to Calais. . . 278

APPENDIX 292

NOTES 340

MEMORANDA ON FRANCE,

&c.

CHAPTER I.

Boulogne—Paris—French Characteristics and Manners—Literary and Dramatic *Horreurs*—The War Party.

SUPPOSING the traveller proceeding to the continent is bound in the first instance to Paris, a variety of routes presents itself. The most expeditious way of reaching the French metropolis will undoubtedly be that by Brighton and Dieppe—especially when the railroad from London is completed—though the landing and embarcation at Brighton is not always practicable, on account of there being no harbour. The sea passage between these towns requires seven or eight hours, and the journey from Dieppe to Paris about sixteen, the road passing through a delightful and fertile part of Normandy. Those who do not mind a long sea passage will be gratified by taking the Havre route, (embarking either at London or Southampton,) and will thus have an opportunity of viewing the scenery at the most interesting part of the Seine, between Havre and Rouen. The

objection to a long *trajet* will, however, always induce many to prefer embarking at Dover for either Calais or Boulogne; and by landing at the latter instead of the former town, twenty-four miles of a monotonous country are avoided.

Boulogne is one of the most agreeable towns in France for a short residence in the summer or autumn, and has been of late years a good deal frequented by families from England on account of the sea-bathing, which is excellent; a fine sandy beach extending, at low water, three or four miles eastward of the port. The streets are clean, wide, and have an animated appearance, and several of the shops are handsome. The low town is built at the base and up the acclivity of a hill, on which stands the high town, enclosed by ramparts, which are planted with trees, and form an agreeable promenade, whence extensive views may be obtained of the surrounding country. The population amounts to near thirty thousand; many *rentiers* reside in the high town, while the inhabitants of the low town are for the most part engaged in commercial and professional avocations, or are connected with the port.

The environs are agreeable, and the air is light and bracing; but the winter is generally severe, cold winds and storms being of frequent occurrence. Boulogne is, however, on the whole, a healthy place of residence, and generally agrees well with children; though it would not be an advisable locality for delicate invalids, or those

who are "servile to skyey influences." The resident English population usually averages between three and four thousand; many being induced to select it for an abode on account of the resources which it offers; its neighbourhood to England; its comparative cheapness; and the facilities for education. Among the English residents are several officers on half-pay, single persons of limited incomes, and some whose means of existence are more problematical. Boulogne has also been often cited as a place of resort for those who are under the necessity of a temporary or prolonged absence from England; the society has consequently acquired the reputation of not being the most select. Since the rumours of war have been current, many of the English have taken their departure; and even some who had been long resident are said to have become so much alarmed as to have suddenly quitted the town, omitting in their hurry to discharge sundry obligations which they had contracted with the tradespeople, on which account our countrymen are not at present in very good repute. The superior classes of the Boulognese, as also of many other provincial towns, are, for the most part, moral, religious, and courteous in their demeanour; the lower orders are, in general, sober, good-tempered, though at times *emportés;* fond of gaiety and dancing, and civil to strangers; the women are strong, healthy, and work hard.

Boulogne possesses a tolerable museum, a good

reading-room, where the English papers are daily received. The most usual lounge is on the port and jetty, to watch the arrival and departure of the packets.

From Boulogne to Paris, and indeed throughout France, posting is performed at the rate of from six to seven miles an hour. On account of the competition on this road, the speed of the public conveyances is much increased of late, and the journey may now be made by the *malle-poste* in fifteen hours, or by the diligence in from twenty-two to twenty-five. The country is for the most part a continued succession of hill and dale, and though generally productive, is but scantily wooded, offering but little to interest the traveller. The few chateaux which present themselves on the road-side, (most of them formal-looking, cheerless, and neglected,) and the absence of detached cottages, are circumstances characteristic of the more gregarious habits of the people; the pleasures of rural life, and the country-house society so general in England, being but little known or appreciated, and field sports being comparatively little followed in France. Landed proprietors, consequently, seldom reside on their estate for more than a few weeks in the year, the great majority preferring the attractions of the capital, the larger provincial towns, or the watering-places. The French peasantry are generally robust, and more sober than the English, living principally upon bread, vegetables, and bad wine, and eating

meat only once or twice in the week. The villages and hamlets in which they are congregated are frequently dirty, and look anything but attractive.

After passing the strongly-fortified and dull towns of Montreuil and Abbeville, you arrive at Beauvais, which has a more cheerful aspect, and is situate in a beautiful part of the country. Its cathedral, and the manufactory of tapestry, are worth visiting. At St. Denis, the fine old cathedral, and the tombs of the kings of France in its vaults, will be viewed with interest, and will well repay the delay of an hour or two before entering the metropolis.

Few cities stood in greater need of improvement than did Paris some years ago; and there is perhaps none in which so much has been effected within so short a space of time. New quarters have arisen in various directions; many of the streets have been widened, and most of them have now a foot pavement: more cleanliness prevails both in and out of doors, the accommodations are much better, and the meaning of the word comfort (which the French language has adopted) is now better understood. Several new edifices have been erected, and other public works, which had progressed slowly till the accession of the present king to the throne, were after that event speedily completed; his majesty having, it is said, largely contributed to the embellishment of the capital.

The stranger, standing near the obelisk in the centre of the Place de la Concorde, may enjoy a

coup d'œil unique in its kind. The splendid appearance of the Place itself, and of its two fountains, the view of the bridge and Chamber of Deputies, of the beautiful newly-erected façade of La Madeleine, of the gardens and palace of the Tuilleries, and of the magnificent Arch of Neuilly, seen through the vista of the Champs Elysées, will leave an indelible impression upon his memory. Another view, scarcely to be equalled in Europe, may be obtained from either of the bridges opposite the Tuilleries. The extent of this palace and of the Louvre, (half a mile,) the spacious quays teeming with life, the light cheerful aspect of the houses, the two branches of the river passing beneath the Pont Neuf, on which stands the statue of Henri IV., and having enclosed the Ile de la Cité, uniting into one broad stream, the venerable towers of Notre Dame high above the surrounding buildings, form an *ensemble* which could hardly fail to attract the attention of the most indifferent spectator, unless *blasé* by the habit of seeing it. The visitor will also be highly gratified by the panorama of the city displayed from the summit of Notre Dame or of the Arch of Neuilly; the clearness of the atmosphere enabling him to see the whole at a glance.

If the capital have undergone great changes within the last twenty years, still greater have taken place in the demeanour and character of its inhabitants, which I regret to say are by no means for the better. Paris, and indeed the greater part

of France, could not now with propriety be termed the

> " Gay sprightly land of mirth and social ease,
> Pleased with itself, whom all the world can please;"

for, instead of the cordial, polite, light-hearted people of former days, you now meet with serious, anxious, business-like countenances: vivacity has given place to a sedate demeanour, and to comparative taciturnity; and *brusquerie*, or even rudeness, is not unfrequently witnessed in public places.* The love of self appears in a more prominent light; the acquisition of money is the ostensible object with the great majority of the middle and inferior classes: and there are few strangers, even of those who are merely passing through the country, but have to complain of the greater disposition to take advantage on the part of the tradespeople and others with whom they are brought into contact. The women are not free from this reproach, but are often more *exigeantes* than the men. Among the upper classes the pur-

* " My first impression of the French character is, that it must be greatly changed from that gay and lively frivolity of which we used to hear so much. My fellow-passengers are serious and reserved, each man seems to suspect his neighbour; and at the *tables d'hôte* where I have dined and supped during my route, the company could not have been more silent and sombre if the scene had been laid in England during the month of November." *Mathews's Diary of an Invalid.*

suit of pleasure is as heretofore, and indeed, as in many other countries, pretty universal; though here the talent of conversation is possessed in a high degree, and egotism, though perhaps existing as much as among other classes of the community, is at least more veiled beneath the exterior forms of politeness. I say the forms, for, alas, the essence, which consists not only in a courteous carriage, but in the doing civil acts without interested motives, or even though it be at some personal inconvenience, is much more rare among the French of the present day. Mr. Mathews truly says on this point—"You will in vain seek for that high-bred polish of manner which has been so much the boast as peculiar to the *haut ton* of France. The young men have, generally speaking, a *roué* rake-helly demeanour; the officers in the army are only to be distinguished by their epaulettes, and there is, throughout society, a coarseness of manner that savours strongly of *sansculotism*. In losing the external *simagrées* of the old school, the French have lost the greater part of their politeness; for if politeness consist, as Fielding has beautifully defined it, in an extension of the great rule of christian conduct and behaviour—so as to behave to all as you would they should behave to you—the French had never at any time more of this true benevolence in trifles than their neighbours." The following is also pretty correct as regards the difference of manners between the French and certain classes

or rather individuals among the English: "There is in France a universal quickness of intellect and apprehension, and a perfect freedom from that awkward embarrassment of manner which is in England, I believe, denominated clownishness. As far, therefore, as the mere outward air of good breeding goes, almost every Frenchman is well bred; and you may enter into conversation with a French servant or cobbler upon any of the topics that are common to the mixed company of rational and intelligent people all over the world, without any fear of being disgusted by coarseness and vulgarity." The great majority, especially of the upper class of Parisians, is, in fact, educated more with reference to society than to domestic life, if the thronged reunions and *liasons de salon* may be called society, where there is generally very little else than a

> "Commerce exterieur, union sans penchant,
> Que fait naître l'usage, et non le sentiment:"

where

> "L'esprit vole toujours sur la superficie,
> Et le cœur ne se voit jamais de la partie;"

while the absence of the attractions of home, and the craving for excitement, induce those of a lower grade to lead an out-door sort of life, filling the innumerable *restaurateurs*, *cafés*, news-rooms, and theatres; whence it follows that many who have no family ties, when they become old, or are incapacitated from participating in the general

movement, find themselves isolated, and may retire into obscurity and die, without being either cared for or missed ; for

> " Gayer insects fluttering by
> Ne'er droop the wing o'er those that die."

The desire of shining in society leads the French to cultivate the art of pleasing more than the English, though the said art is too frequently restricted to society, without being carried into the family circle : hence the Frenchman of the higher class generally possesses a greater variety of information, and can converse more readily upon most subjects, (though his knowledge is seldom very profound,) than the Englishman, whose time has probably been more occupied by his classical studies, field sports, or by pursuits of practical utility ; hence also the greater reputation of the Frenchman for gallantry, and the flatteries which he so commonly introduces (sometimes without much delicacy or discrimination) in his discourse with the fair sex, by whom a freedom of speech and conduct is tolerated and often expected, which would be considered a serious offence against propriety in England, though it must be confessed that the more easy manners and colloquial powers of the French would go far to remove the insipidity and stiffness attendant on some crowded meetings, where the company is exclusively English, and the conversation not very *spirituelle*. Thus, as may be supposed, from their greater disposition to en-

joy the present, without much thought for the future, and to *effleurer les choses de la vie*, the French are in general more agreeable acquaintances than the English, who, however, are generally more to be depended upon as friends, or where any service of importance is required.

Marriages of *convenance* are almost universal in France, where a marriage of pure inclination is of comparatively rare occurrence; love, as it is understood in England, being seldom met with, as a recent writer on the French has well observed on French love-making, "In every step of a French amour you are overpowered by words—you are adored—idolized; but in all the graceful positions into which gallantry throws itself, as amidst all the phases it pours forth, there wants that quiet and simple air, that deep, tender, thrilling and touching tone, which tells you beyond denial that the heart your own yearns to is really and truly yours. The love which you find in France is the love made for society, not for solitude; which befits the dazzling salon, and the satined boudoir, which pleases rather than absorbs, which mixes with intrigue, politics, and affairs."* It may, however, be questioned whether, with the habits of the French, those marriages are not productive of as great a degree of happiness as is anticipated by both parties.

The influence of religion is almost null amongst the largest proportion of the population of Paris,

* H. Bulwer. France, Moral, Social, and Political.

as well as of many parts of France, and that of the moral principle is not very powerful, both good and bad actions being generally performed more from *impulse*, or in accordance with the dictates of interest or pleasure, than from reflection, or from a due regard of what is right or wrong, which, from its being inculcated at an early age, is more universal in England. Personal courage, and an exaggerated idea of the superiority of France and Frenchmen over all other nations, as well as a great susceptibility of anything which is considered to affect individual or the national honour, are universal among all classes; hence the readiness to have recourse to arms, and the greater frequency of duels for disputes and misdeeds affecting society, which in England (where the dread of moral responsibility and of the law operates as a salutary restraint upon personal conflicts) are frequently arranged by apology, or are submitted to the decision of the judicial tribunals.

The love of pleasure which pervades all classes in France to a much greater extent than in England, is not always of the most refined nature; a morbid craving for excitement and novelty is excited, and a vitiated taste is thus acquired, to which writers and dramatists of considerable talent have not scrupled to pander and to keep alive by the constant narration of crimes and horrors, which, from the novel and *outré* combinations in which they were presented to the public, must have called forth not a little inventive power. It is not, how-

ever, to be supposed that all were thus infected; there is, I am happy to say, a large proportion of the upper, middle, and lower orders among the French population, as estimable as could be found in any other country, whom these productions inspired with disgust and pity; and the writings of Chateaubriand, Lamartine, and De Vigny, were eagerly perused, even by many of those who delighted in the creations of Victor Hugo and George Sand. At the time when the reign of *horreurs* was at its height, the appearance of the simple, beautifully-written tale of La Picciola, by M. Saintine, created somewhat of a sensation, probably from the contrast it presented to the majority of the ephemeral publications of the day. Nor were there wanting individuals who raised their voices and exercised their pens against the demoralizing influence of a portion of the press. One of these writers, in alluding to the current literature, thus represents it: "You are surrounded by hideous figures, you are oppressed by frightful dramas; you exist in a fantastic world, which is a prey to tortures and executioners. Not one glance towards heaven; not one sentiment for the heart. It is no longer life, neither is it death,—it is a corpse animated by a demon, which forms the type of our literary creations, of our dramas, and of our fictions: one would think that the aim of art was to inspire only terror and disgust. But we copy nature! we represent the age and humanity! Man is the subject of our works! Yes, man as an animal,

but man as a religious being, purifying his passions by the sentiments of infinity: in vain do I seek for such in your works. Does there no longer exist in the universe a single holy emotion, a single generous sentiment? This earth so vast, this nature so beautiful, this civilization so much boasted of, do they present for our study nothing else than the scenes of the charnel-house, the exhibitions of adultery, or the pathetics of the scaffold?"*

It is, however, gratifying to perceive that this taste has greatly subsided among the better classes of the Parisians; Lucrèce Borgia, Marion de l'Orme, La Tour de Nesle, and similar performances, are now comparatively seldom exhibited on the stage, but are superseded by the historical dramas and comedies of Delavigne, Scribe, and others of the same school. In some of the latter kind of representations, Mademoiselle Mars (who, though about to retire, is still as much as ever graceful, feeling, and *enjouée* in her characters) is the chief attraction. The classical drama of Racine and Corneille is also at present more in favour, which circumstance, however, is mainly to be ascribed to the talent of Mademoiselle Rachel; but the taste is not likely to last long, unless actors should arise capable, like Talma, of embodying the characters represented by these great poets, whose tragedies are better adapted for reading in the closet, than for

* Aimé-Martin.

exhibition on the stage, where the lengthy recitations in rhyme are apt to be monotonous.

A thirst of military renown and acquisition by force of arms is strong in the minds of a large section of the population of France, (independently of the army, to whom such sentiments are natural,) who have the recollection of the brilliant conquests of Napoleon, and of individuals raised from obscure stations to the rank of colonels, generals, and field-marshals, without the accompanying reflection of the devastation and misery inflicted upon other nations, and which the conscription and the subsequent occupation by foreign armies entailed upon their own country. Such persons, dazzled by their ideas of national superiority, are led to entertain the supposition of a successful career of conquest as heretofore; a circumstance little likely to happen in the present day, even were another Napoleon to rise and take the command of their armies, as in the event of a war of aggression they would find Europe prepared to profit by the lesson it has already received; and would experience little sympathy among the people of neighbouring nations, (Belgium and Northern Italy, perhaps, excepted,) whose ideas, tastes, and sentiments differ so widely from theirs. The war party cannot forget that the English were mainly instrumental in checking their progress in former days, and this is a principal cause of the hostility which they have recently exhibited towards us, and of the tirades of the periodical press; but a

large proportion of the upper, and almost the whole of the commercial class, are well disposed towards England, being well aware of the advantage to both countries, but especially to their own, of the continuance of peace, and also knowing that they could not expect to meet with firm allies in either of the other three great Powers. Those desirous of peace, though perhaps the most numerous, are unfortunately the least active (politically speaking) portion of the community, and few persons who have marked the course of events can doubt that the preservation of peace since the revolution is in great measure owing to the sagacity and firmness of the king; as, had he died, or fallen by the hand of an assassin, France would in all probability, long ere this, have been at war, or in a state of internal revolution; to avert which, it is not unlikely that, when no longer able to contain them within bounds, their rulers may adopt the alternative of war, acting upon the principle recommended by Shakspeare's Henry the Fourth to his son, to "busy giddy minds with foreign quarrels," and thus relieve themselves from some of the turbulent spirits by whom their political existence is constantly endangered.

The desire of exciting attention, and of making themselves the theme of conversation, is also inherent among certain classes of the French, from which, however, those of other nations are not exempt, and various are the methods which have been adopted for this purpose. Some have killed

themselves; others have attempted the king's life, others, less aspiring, content themselves with *outré* peculiarities in their dress, in the way of wearing their hair or beard, which may cause them to be stared at, and induce them to believe themselves the "observed of all observers:" though the fashion of distinguishing themselves by these means is now very much gone by, compared with its prevalence at the time when Mrs. Trollope published her sketches.

CHAPTER II.

Climate—Diseases and Medical Institutions of Paris—Comparison between English and French Medical and Surgical Practice—Operations for Squinting and Stammering.

WITH respect to climate, the principal advantages which Paris has over London consists in the greater purity, clearness, and dryness of the atmosphere, its freedom from smoke and fog, and in the weather being less variable from day to day, as the summers are hotter, and the winters equally cold, if not colder. The average quantity of rain throughout the year, I should conceive to be as great in Paris as in London. It would not, therefore, be advisable to select Paris as a winter residence for persons labouring under pulmonary complaints, (except perhaps some cases of asthma and sympathetic bronchial affection,) or rheumatism. Paris agrees very well with many dyspeptic invalids, to whom the light cookery of the French *cuisine* is better suited than the more substantial

fare usually met with in Britain, which requires greater powers of digestion, always provided the invalid abstains from ragouts, rich sauces, or highly-seasoned dishes, and from indigestible vegetables, as truffles or mushrooms. The valetudinarian who labours under depression of spirits, combined with disordered digestion, would likewise frequently find himself better after a few months sojourn in Paris, which offers more resources for mental relaxation and amusement than any other city, not excepting London. Baths are also more general, which is a great advantage to invalids, as well as to persons in health, for I have no doubt that the neglect of this means of keeping the functions of the skin in a proper state is the occasion of many of the disordered states of health met with in England.

Among the most prevalent diseases of Paris may be enumerated inflammations of the respiratory organs, (especially in the winter and spring,) consumption, typhoid fevers, intermittents, rheumatism, chronic inflammation of the stomach and bowels, various forms of dyspepsia, and scrofula. Apoplexy, paralysis, and nervous diseases in general, appear to me to be much less frequent than in England; where also indigestion is more common, especially among the commercial and trading part of the population, and those whose avocations are of a sedentary nature, as clerks and others who have much writing or head-work.

The Paris hospitals are larger and more nume-

rous than those of London, several being appropriated to particular classes of diseases, which can thus be studied to greater advantage. They are not, as in England, dependent upon voluntary donations and subscriptions, but are under the superintendence of government, their affairs being directed by an administrative council, and the funds being supplied by contributions from the town, a per centage upon the receipts at the theatres, the profits of the Mont de Piété, and other sources. Patients are admitted on application, if their cases admit of relief, but few being refused for want of room. They are attended upon by the *Sœurs de la Charité*, who devote their lives, or a certain number of years, to these arduous duties. The physicians and surgeons are elected by *concours* or public competition, which certainly offers to the sick a better guarantee of the capabilities of their medical attendants than the method pursued in Great Britain, where interest is more generally influential than the degree of talent in deciding these elections; hence the junior members of the profession have not the same inducements for application and exertion as in France, where hospital physicians and surgeons have to make their way by their labour; their merits being known to the public by their works and otherwise, before they are called upon to fill a responsible station. Habits of application and observation thus early acquired are continued in after life; hence the greater richness of the medical press in

France from men of experience, and the discoveries for which science is indebted to them. The great influence which such competition must have in the advancement of medicine and surgery is too obvious to require comment. The election of *internes* and *externes*, or house physicians, surgeons, and dressers, is decided in the same way. Visits are made at an early hour (six or seven) in the morning; after the visit a clinical lecture is delivered by those physicians or surgeons who are professors of the faculty of medicine; so that three hours, and frequently more, are devoted to the sick, and to instruction, every morning before breakfast. A fixed salary is allotted to each for the performance of these duties. The expense of medical education is but trifling compared with what it is in England, and many of the students, being the sons of parents in an humble station in life, are exceedingly poor; the profession does not consequently rank so high in public estimation in France as in England, and the compensation for attendance is lower. It should, however, be borne in mind, that all (except the *officiers de santé*, an inferior class of practitioners in the country) must take out their diplomas as doctors of medicine or surgery, previous to which they have to go through three or four rigid examinations, and that there does not exist a class of practitioners, who, like the surgeon-apothecaries in England, send out medicines for which they are paid instead of their visits. For those who have attained eminence,

there is not much disparity (in the compensation expected) between French and English practitioners.

Obstetricy in France is mostly in the hands of females, who are obliged to go through a course of study, attend lectures, and pass an examination, before they are authorized to practise. Several physicians also practise this branch of medicine, but their services are seldom required unless something unusual should occur. Apothecaries are restricted to the vending of drugs and the preparation of prescriptions, being, in fact, on a par with the chemists and druggists in England.

As the treatment of disease presents considerable differences (to some of which I shall only briefly allude here, having entered more fully into their consideration in another work)* in England and on the continent, the English abroad usually prefer being attended by medical advisers from their own country, and at almost all the continental towns to which they are in the habit of resorting, one, two, or more well-informed practitioners reside, who are for the most part members of Scotch or continental universities, or retired army and navy surgeons. There is besides always a certain number of medical *désœuvrés* wandering about the continent from one place to another; and some individuals, who take the name of English physi-

* Observations on the Medical Institutions and Practice of France, Italy, and Germany, 1835.

cians, have but little claim to the confidence of the public, as everybody is not aware that the title of Doctor of Medicine may be obtained with very little trouble from certain universities, which even dispense with a personal appearance or examination, and require little else than the payment of the fees; and instances might be mentioned of persons who never had any professional education, writing for a diploma, enclosing the fees, and receiving it almost by return of post. Travellers, therefore, when they hear of Dr. So-and-so, will do well to ascertain, before entrusting themselves to their care, how far they are qualified to support the title they assume.

The medical men of France have justly acquired a reputation for their skill in diagnosis, and in morbid anatomy, which they have had abundant opportunities of cultivating, from the great facilities afforded in the examination of bodies after death, though of late years the English have been able to compete with them in this respect. Notwithstanding these circumstances, however, and their assiduity and application to which I have already referred, their treatment of disease I conceive to be on the whole inferior to that of British practitioners, who more especially excel in the management of acute diseases. A great proportion of the French adopt a certain preconceived method of treatment, prescribing for the disease, without sufficiently considering the various modifications it may assume in different individuals, according

to the age, sex, constitution, and other peculiarities; whereas the British practitioner takes the circumstances in individual cases more into consideration, and varies the treatment accordingly. The French practitioner will often be better able to tell than the Englishman, the particular organ affected, and the extent of the disease; but the nature of his treatment is unfortunately not unfrequently such as to enable him to verify, by post-mortem examination, the accuracy of his diagnosis; whereas the British practitioner, though he may not be able so accurately to define the extent of the mischief, will more frequently cure his patient. Another disadvantage under which many French practitioners labour, is that of mistaking effects for causes. On seeing, for example, in the body of a patient who had died of fever, certain alterations of structure, these were formerly immediately set down as the cause of the disease, which was considered to depend upon the local inflammation, and the invariable treatment by sanguineous depletion and emollient drinks (as gum or barley-water) was pursued, which tended to increase the lists of mortality. In England, on the other hand, where these alterations were always regarded as a consequence of the disease, the treatment was much more successful, (as it is now among the French, who, within the last few years, have for the most part seen the error of their ways, without, however, altogether abandoning their ancient practice.) Again, a French physician will often be

disposed to trust principally to one therapeutical measure, thus, (supposing the case to be one of acute disease,) one practitioner will treat all his patients by bleeding; another will have recourse to purgatives; a third will adopt antimony; a fourth will do nothing but give his patients barley-water, or, as it is termed, adopt the *médecine expectante*; whereas the English practitioner adopts a combination of measures at the outset. Thus he may find it expedient in the course of twenty-four hours to abstract blood, administer an aperient, and also medicine at stated intervals, to act upon the skin, and will very often find at his next visit the progress of the disease to be effectually checked. The practitioner who trusts exclusively to bleeding, may also very possibly find his patient materially better the next day; but it is seldom that the course of the disease will be permanently arrested by a single bleeding, (to say nothing of the cases in which it is prejudicial;) he is therefore obliged to repeat it as often as there should be any fresh accession or increase in the severity of the symptoms, which is the more likely to occur from his neglecting to give medicines which would remove effete matters and vitiated secretions from the system; (which not unfrequently give rise to the symptoms of inflammation;) so that it is evident his patient runs a greater risk. But supposing both cases to terminate favourably, the latter patient, being much more debilitated by the greater loss of blood, will

necessarily have a longer convalescence than the former, and his constitution will have received in many cases a severe shock, which exposes him more readily to the supervention of disease at a future period.

Many practitioners, however, in France, are not so exclusive in their methods of treatment, but vary them to meet existing indications, though it is seldom that they adopt a combination of energetic measures at the beginning, as in England; where, however, it must be admitted that active medicines are often prescribed when not indicated, especially in chronic diseases. There is no doubt that much harm is done by a too active medication, especially in those dyspeptic and nervous complaints with which so great a proportion of the inhabitants of large towns are affected. The French frequently manage these cases better than the English, by means of mild remedies, enemata, baths, mineral waters, &c.; which, however, have latterly been more universally employed in England than heretofore, and which I have no doubt will soon materially circumscribe the use of energetic agents in many chronic diseases.

I consider that the English treatment of the majority of surgical cases is also much preferable to that of the French and continental surgeons in general; and I do not speak from slight observation, when I state my conviction that many cases become the subject of operations in France which would be cured in England. While allowing the

French to have great merit as skilful operators, I have no hesitation in stating, that their attention is too exclusively directed to local applications, and the performance of operations, as the means of removing surgical diseases; whereas comparatively little is known of the general and constitutional treatment by medicines, in which the British surgeons so much excel, and which so frequently obviates the necessity of having recourse to the more mechanical part of the art. Even diseases of the eyes, which are so obviously influenced by general treatment, were a few years ago, and are still to a certain extent, treated in Paris almost entirely by local applications.

English practitioners are, however, indebted to the French for some important inventions and improved methods of treating several diseases; as, for example, auscultation, percussion, and lithotrity, which operation is justly regarded as the greatest surgical conquest of the present age. The section of tendons and muscles by a minute aperture in the skin, for the cure of club-foot and other deformities, is likewise an operation of foreign importation, for the idea of which we are indebted to Professor Stromeyer, (who has recently succeeded Graefe at Berlin,) who showed me, when I had the pleasure of meeting him last spring at Erlangen, several cases of muscular contraction of various parts cured, or in process of cure. Justly considering that the eyes, being drawn to one side in cases of squinting, depended upon the same

cause as club-foot—viz. morbid contraction or shortening of a particular muscle—Professor Stromeyer was naturally led to infer that, as in the former instance, the division of the muscle would effectually remedy the deformity, which opinion has since been abundantly verified by experience; the first operation having been performed by Professor Dieffenbach of Berlin, and innumerable cases having since been successfully operated upon in Germany, France, and England. The operation is easy of performance, is attended with but little pain or effusion of blood, and when the proper cases are selected, succeeds, in the great majority of instances, not only in rectifying the position of the eye, but also in improving the power of vision. Stammering, whether of the purely nervous kind, or connected with some physical obstacle to articulation of words, may also be removed, in many cases, by one or other of the operations which have lately been proposed, of which (as well as of those for squinting) I have recently published an account.*

* "Remarks on Stammering and Squinting, and on the methods for the removal of these complaints."—Churchill, Princes street.

CHAPTER III.

Road to Lyons—Chalons—Lyons—The Rhone—Marseilles—Hospitals of Marseilles—Climate of Provence.

FROM Paris to Lyons, a choice of two roads presents itself, the difference between them in point of distance being but trifling. The road by the Bourbonnois passes through some pretty scenery, especially near the Loire, but the accommodations are bad; and the route by Auxerre and Chalons-sur-Saone (which, though interesting at some parts, is on the whole monotonous) is generally preferred on account of the facilities of descending the river by steam to Lyons.

Some of the views in the forest of Fontainebleau are strikingly beautiful. Enormous masses of gray rock, which contrast agreeably with the surrounding foliage, lie scattered about in various directions, presenting a novel and curious appearance. The town possesses some good streets, but seems to be almost deserted. The chateau and garden will repay the trouble of a visit *en passant*.

Sens is the first town of any importance on this route. The façade of the old Gothic cathedral is fine, but the interior contains nothing worthy of observation, except the mausoleum erected to the father of Louis XVI., which is but of indifferent execution.

Auxerre is a large town pleasantly situate on the Yonne, in an agreeably country, which produces a superior kind of wine. The golden tint of the vine-leaves in autumn gives a rich and pleasing appearance to some parts of the country between Auxerre and Chalons, which at another time would look dreary and cheerless. During the vintage season, the process of treading the grapes by men and women with bare feet in large vats will frequently be seen in the fields on the road-side. It is, however, a mistake to suppose that the peasantry in the wine countries are better off than in others, the reverse being generally the case; as much distress ensues if the season should be bad, which not unfrequently happens.

The environs of Autun are beautiful and richly wooded. The town stands on a hill, and enjoys a delightful prospect. At the time when I last passed through Autun, the whole population were on the alert on account of the procession of the *fête Dieu*, in which a large proportion joined; the shops being closed, the streets hung with white cloth, and temporary altars, profusely decorated with flowers, being erected at short distances. In most of the smaller provincial towns there is

still a considerable degree of religious feeling in France, and in general a respect for the outward observances of religion.

Chalons is a pretty town, and looks well from a distance; the quays are spacious and handsome. Two or three steamers descend the Saone daily to Lyons, making the passage in eight or nine hours; they do not convey carriages, which can be forwarded in two days by a steam *coche d'eau*. The banks of the river are for the most part flat and cultivated. Beyond Maçon the scenery is extremely pleasing, and increases in interest on approaching Lyons.

Travelling by the road which runs parallel with the river, you pass over the Mont d'Or, so called from the rich colour of its vineyards in autumn; and, from the summit, enjoy an extensive and charming prospect of the plains of Burgundy on the one side, of the Lyonnois on the other, and of the snow-clad Alps of Dauphiny in the distance. The road descends to Lyons through a succession of meadow land, orchards, and vineyards.

Lyons is principally built between the Rhone and the Saone: besides the old bridge, a suspension bridge has recently been constructed over the latter river. The quays are handsome, as are also the Place de Bellecour, perhaps the largest in Europe, and the Place de Terreaux, which contains the Hôtel de Ville and a good museum of natural history. The finest public building is the

hospital, which is surmounted by a dome: the façade occupies a considerable length of the Quai du Rhone. It includes several spacious court-yards, and contains about twelve hundred beds: a large proportion of the cases are surgical, and the beds for the wounded and accidents amount to three hundred. The surgical service is very efficiently performed, and some of the medical men of Lyons enjoy a deserved celebrity. There is likewise a large military hospital, and another on the hill overlooking the town, appropriated to cutaneous diseases and to the insane. Except the Hôtel de Ville, there are no other buildings remarkable for architectural beauty. The houses are old and lofty, the streets narrow and dirty. Lyons consequently offers little inducement to travellers to prolong their sojourn. The velvets and silks of Lyons are justly celebrated, and their manufacture occupies a large proportion of the population. The labouring classes, as in most other manufacturing towns, are for the most part violently republican.

The view from the Terrasse de Fouvrières, of the city, the junction of the two rivers, a vast extent of fertile country and vine-clad hills, with the distant view of the Alps, is one of the finest in Europe. Steam-boats descend the Rhone to Avignon in twelve hours, setting off at four in the morning; and on the following day leave Avignon for Marseilles. They are larger than those on the Saone, and can take carriages, but they are often

inconveniently full. As you descend, the scenery is highly interesting, and often resembles that of the Rhine below Mayence; the river flowing rapidly between steep hills, ever and anon crowned with ruins, and cut in terraces for the cultivation of the vine. On advancing more to the south, the banks become flatter, and the Alps rise more distinctly upon the view. At Pont St. Esprit, a fine stone bridge of great antiquity, the current is very strong, and some degree of excitement attends the passing beneath the arch, several accidents having happened at this point before steamers were placed upon the river. This is the only stone bridge between Lyons and Avignon; but several handsome suspension bridges have been constructed within the last fifteen years. When the water is low, the boats are often grounded higher up the river, and are sometimes delayed for so long a period as to be under the necessity of remaining the night at Pont St. Esprit, proceeding the next day to Avignon.

On account of the rapid communication by the river, (Avignon being distant from Lyons about 140 miles,) there is not much travelling by the road along its left bank, which is principally traversed by wagons laden with heavy goods from Marseilles, and is consequently frequently in bad order, being sometimes nearly impassable after heavy rains. The towns are dirty and badly built, and the accommodations very indifferent. Nothing but an occasional glimpse of the river,

and of the Cevennes on the opposite side, occurs to relieve the monotony of the route till you arrive at Orange, where a fine Roman arch (the appearance of which has been spoiled by the modern reparations, stands by the road-side, and beyond which the scenery is of a more interesting character.

Avignon is encircled by high walls, and has every appearance of high antiquity, although few vestiges of its former grandeur remain. The papal palace, a fine old Gothic edifice, with a handsome façade, is now converted into barracks. From the top of the hill, on the acclivity of which the town is built, you may obtain an extensive view of the plains of Languedoc and Provence, and of the course of the river, which is here of great breadth, enclosing an island, which serves as a *point d'appui* to the two bridges across its branches. In the cathedral is the tomb of the '*brave Crillon*,' and the spot occupied by that of Petrarch's Laura is pointed out among the ruins of the church of the Cordeliers. The environs of Avignon are uninteresting, but an agreeable excursion may be made to the

"Chiare, fresche e dolce acque"

of Vaucluse, about fifteen miles distant.

Below Avignon the scenery of the Rhone presents little to interest the passing traveller. About twelve hours are required to reach Marseilles, passing by Beaucaire, where the large annual fair

takes place, and whence a railroad has recently been constructed to Nismes.

The aspect of Provence is anything but what one would be led to expect from a perusal of some of the old romances, which expatiate upon the beauties of its scenery. It has for the most part a dreary and triste appearance; the heat in summer is almost unbearable; the roads are generally excessively dusty from the long continuance of dry weather, and, during the prevalence of high winds, clouds of dust are raised, to the great discomfort of the traveller. The only town of importance from Avignon to Marseilles is Aix, the environs of which are pretty, being enlivened by numerous white country-houses and villas scattered about the olive-covered hills. The town contains little worthy the traveller's notice, except the principal street, which is very wide, and is bordered with trees.

Marseilles contains a population of more than a hundred and fifty thousand inhabitants. It ranks as the third city in France, and, like all large seaports, has a thronged and bustling appearance. On entering from Aix, you pass by the triumphal arch begun under Napoleon and completed about two years ago, and drive along the Cours, a fine wide street, where there were formerly avenues of trees, which however were considered as detrimental to the salubrity of the town, and were ordered to be cut down, to the great regret of a large proportion of the inhabitants, to whom they

afforded a grateful shelter from the summer's heat. The only shaded spots in the town, where the inhabitants "most do congregate" after the business of the day, are the Allées de Meilhan, a triangular space planted with trees, the advantage of which must be highly appreciated, as an extreme degree of heat is experienced in the summer months. A handsome new promenade for carriages and pedestrians, extending from the town to the sea, termed the Prado, was in progress at the time of my last visit two years ago, and is doubtless ere this completed.

The shores of the Mediterranean do not, however, possess the sandy beach which is so great an attraction to the sea side in other parts; for

> "There shrinks no ebb in that tideless sea,
> Which changeless rolls eternally;
> So that wildest of waves, in their angriest mood,
> Scarce break on the bounds of the land for a rood;
> And the powerless moon beholds them flow,
> Heedless if they come or go;
> Calm or high, in main or bay,
> On their course she hath no sway."
>
> SIEGE OF CORINTH.

The port, being generally thronged with merchant vessels and steamers from various countries, presents an animated appearance. Connected with it, a stupendous work has lately been completed, viz. an immense basin, twenty feet deep, (almost entirely hewn out of the solid rock,) for the repairing of the shipping. This work required

the incessant labour of a great number of men during the period of nine years.

The promenade Buonaparte, at the opposite extremity of the town, terminates in a public garden, at the foot of a steep rocky hill, on which stands the fort Notre Dame de la Garde, together with the church of the same name, rich in votive offerings from sailors and others desirous of propitiating the Virgin previous to undertaking a voyage, and also from those who have escaped "accidents by flood and field," or have recovered from illness by means of her supposed interposition. These offerings are silver hearts, daubs of paintings, and other insignificant tokens of acknowledgment, the appearance of which goes far to verify the proverb, "Passato il pericolo, gabbato il santo."

From this elevated point a fine view may be obtained of the town, port, lazaretto, the Chateau d'If, the wide expanse of the Mediterranean, and of a mountainous and rugged coast, on the one hand, and on the other of a semicircle of high and barren hills, the lower acclivities of which are relieved by verdure, and dotted with the numerous villas of the merchants and rich inhabitants, who on Sundays, and at other times when not engaged in business, retire thither from the town, which is likewise on these occasions comparatively deserted by the inferior classes, who resort to the *guingettes* and public gardens in the neighbourhood, to amuse

themselves with dancing, the *Montagnes Russes*, and similar sports.

Almost all the lower, and several individuals among the upper classes, are republican in their ideas; the celebrated air, which takes its name from Marseilles, having been long the rallying cry of this party. Many are, however, well disposed towards the reigning dynasty, especially the bulk of the higher class of inhabitants, and those connected with the commercial interests, which always suffer in times of political disturbances. A few years ago there were likewise a great number of Henriquinquists, Marseilles having been the point selected by the Duchess de Berri for her appearance and attempt to excite a revolution in favour of her son.

Marseilles possesses several hospitals; but though the medical service is efficiently performed, the mortality among the patients is great, owing principally to their close and confined locality. The hospital which contains the foundlings is especially badly ventilated; the children being placed two, and sometimes three together in the same cradle, swathed up so as to prevent movement of their limbs, and the curtains of their cots closely drawn. I could not refrain from expressing to the physician who accompanied me, my astonishment and indignation at this mode of treatment, which must annually cause the death of a considerable number. He was disposed to

lay the blame upon the administration, who would not grant a sufficient number of cradles; but it must surely have been in his power to prevent the nurses from altogether excluding the air, by keeping the curtains closely drawn around the cradles, which were scarcely large enough to contain the infants. The worst managed of these establishments, however, is the hospital, or rather, as one of the directors of the administration of hospitals termed it, the place of detention for the insane. This gentleman expressed himself ashamed to conduct me through the establishment, and not without reason, as the state in which it is allowed to remain reflects discredit upon all who have to do with it, and upon the town. The patients walk about, or are huddled up in corners of the courtyards, (the women's department being separated by a wall from the men's,) around which are small cells, with iron grating instead of windows, many of them dirty, and containing one or two beds, with no other furniture. Some were even without beds, the occupant lying in a corner upon straw; chains were lately occasionally made use of as a means of repression, but the strait waistcoat is now usually employed. At meal-times each patient receives his portion of soup or bread, eating it in the courtyard, or in his cell. A few cells on the first floor are fitted up as rooms for patients whose friends pay for their maintenance, and who are separated from the rest, and are better fed.

No medical treatment appears to be adopted, except depletion in cases of violent mania.

There is little inducement for the passing stranger to delay his departure from Marseilles, which would be an unpleasant residence for any length of time. In summer the heat is so great as to keep people within doors till the evening. The country is generally parched up for want of rain, the roads are excessively dusty, and near the town are hemmed in by high walls. The winter is usually very cold, and the mistral or northern wind frequently prevails, especially in the spring, at which time the sun has considerable power—so that not only invalids, but also many persons in health, experience its baneful influence. This wind was described by the ancient Romans to be at times so powerful as to raise into the air stones as large as a man's fist, with clouds of dust and gravel, and that it not unfrequently overturned carriages and horses. Inflammation of the lungs and air-passages annually carry off a larger proportion of the poorer classes of the population, and consumption is very common, being frequently the consequence of acute attacks of inflammation.

Many persons *en route* to Italy go to Marseilles, on account of the steam-boats which leave every two or three days for the various ports along the coast. The passage by the French mails direct to Leghorn occupies about thirty hours.

CHAPTER IV.

Flocks of La Camargue—Arles—Nismes—An execution—Montpelier—Climate and Medical School of Montpelier—Cette—Baths of Balarue—Canal du Midi.

THE traveller who is proceeding in a western direction towards the Pyrenees, may either embark from Marseilles for Cette, or he may go by way of Arles and Nismes, either by steam to the first-named town, (ascending a branch of the Rhone,) by land through Aix and Tarascon, or by the canal. The latter was the route which I selected, and which is the most agreeable for persons unencumbered with a carriage. After a drive of four hours, you arrive at Martigues, whence the boats start for Arles. They are like the canal or river boats in England, with a cabin, and roof on which the passengers stand in fine weather, and are drawn at the rate of six or seven miles an hour by the half-wild horses of the *Ile de la Camargue*, a flat marshy tract of country, separated from the

sea by embankments, and through which the canal was cut by order of Napoleon, previous to which period it was frequently inundated by the waters of the Rhone, between two branches of which it is enclosed. It serves for the pasturage of horses, buffaloes, sheep, and goats, which on the approach of summer are driven in flocks to the mountains. The greatest regularity prevails in the migration of these caravans. The number of sheep and goats amounts to between fifteen and twenty thousand, which are divided into different flocks, according to their strength and sex; the weakest go first, in order that they may enjoy the advantage of cropping the grass before it is trodden down. Each flock is preceded by large goats with bells, which they follow as a leader. After the sheep and goats the horses follow; enormous dogs, of a breed similar to the St. Bernard, hover on the outskirts to prevent straggling, and to guard the flocks against the attacks of the wolves, which always follow at some distance.

Arles is an irregularly built town, on one of the *embouchures* of the Rhone, which can be navigated by large-sized vessels, (though during the prevalence of the mistral the ascent is frequently not practicable even for steam-boats, which on these occasions are obliged to remain at sea.) It contains about twenty thousand inhabitants, and is alike celebrated for the beauty of its women, which is heightened by their picturesque costume, and for its antiquities, of which the principal is an

amphitheatre in tolerable preservation, and nearly the size of that at Capua. Adjoining the cathedral are the cloisters, the Gothic arches of which, supported by finely sculptured pillars, are a good specimen of the architecture in the earlier periods of Christianity.

One of the most magnificent remnants of Roman antiquity, the Pont de Gard, stands on one of the roads from Avignon to Nismes, and five miles from the latter town. This stupendous erection, stretching across the valley of the Gardon, and which served at the same time for a bridge and aqueduct, consists of three rows of arches, one above the other, in excellent preservation. When seen from the valley below, the effect is very striking. This is one of the objects which do not disappoint the tourist's expectation; but as, in common with most of the other works of art on the continent, it has been repeatedly described by travellers and in the guide-books, I content myself with merely alluding to it, description of works of art not being the object for which this small work is written.

Nismes is a clean, interesting, and cheerful-looking town, with a population of about forty thousand inhabitants, a large proportion of which are Protestants, between whom and the Catholics a spirit of hostility exists, which occasionally breaks out into riots, and leads to loss of life. The latest serious outbreak of this nature took place at the time of the revolution in 1830; many lives were lost, and it was with great difficulty

that order could be at length restored. These excesses are mostly confined to the lower orders, who throughout the south-east of France are of a very excitable temperament, of which agitators avail themselves to cause internal commotions. Nismes is not a place of much commerce, many of the upper class of inhabitants being persons living upon their incomes, affable to strangers, and fond of amusement. It is but little resorted to by English families, though house-rent and provisions are cheap, and the climate I should consider much superior to that of Marseilles, both from its inland situation, and from its being in great measure protected from the north by the hills which rise immediately behind it; still it is too cold, and too much exposed to the *vent de bise*, or *mistral*, to be a recommendable place for invalids. The principal streets and boulevards are lighted with gas, the cafés are numerous, and some of them elegantly fitted up; the theatre is handsome, and the *corps dramatique* is generally good. Like the inhabitants of Paris, those of Nismes live a good deal out of doors, and in places of public resort. Immediately opposite the theatre stands the celebrated *maison carée*, one of the best preserved monuments of the Roman empire, and which, it is said, Louis XIV. was desirous of attempting to have brought to Paris. The interior is now converted into a museum and picture gallery. A little further on, in a large open space, which admits of its being seen to great advantage,

stands the amphitheatre, the exterior of which is in perfect preservation, though the interior is a good deal dilapidated. There were thirty-five rows of seats, and it is said that upwards of thirty thousand spectators could be accommodated, being about ten thousand more than in the amphitheatre of Verona. Exhibitions of wrestling and other athletic exercises not unfrequently take place within its area, and on stated occasions the fêtes of the *ferrade*, in imitation of the Spanish bull-fights. The bulls are brought from the *Ile de la Camargue*, and are excited by men mounted on horses from the same part, who prick them with a trident of iron spikes on a pole. After the bull is pretty well tired, men advance, and, seizing it by the horns, throw it on the ground, when it is marked with a red-hot iron with the initials of its proprietor. Some of the bulls are very ferocious, and accidents occasionally happen both to the men and horses. To the horns of these, a tri-coloured cockade is affixed, the man who removes it being entitled to the highest prize.

Few provincial towns are so well supplied as Nismes with public promenades. Besides the Boulevards, and the large esplanade near the amphitheatre, there is the Garden of La Fontaine, so termed from a large reservoir of water supplied by a canal, and in which are several arched recesses, which are said to have served for bathing in the time of the Romans. The garden possesses several avenues of fine chestnut trees; the inter-

vening space being laid out in walks, and planted with shrubs and flowers. It also contains the ruins of a temple of Diana, and other remains of antiquity. A winding path is continued up the hill, on the summit of which stands an imposing mass of brick of a conical shape, termed the Tour-magne, which was the largest of the chain of towers formerly occupying the heights, and connected by walls, vestiges of which are still visible in many parts. This tower may be seen from a considerable distance, and formerly served as a station for signals to vessels at sea.

At the time of my visit the execution of a handsome young woman took place for the murder of her husband, which she had attempted on a former occasion. Nine years had elapsed since the fatal machine had been erected. The place chosen for the exhibition was the square of the amphitheatre, where an immense concourse of people was collected, the greater part women, many being from Arles and the neighbouring towns. The culprit walked across the square between the executioner and her confessor, and ascended the scaffold with a firm step. While the priest was granting absolution, the executioner strapped the legs and upper part of the body to a board, which reached to the top of the breast, and which, revolving on its centre, brought the head beneath the axe, by which in the next two seconds it was severed from the body. This is certainly a much more expeditious mode of execution than that adopted in England,

and is in all probability attended with little actual pain. Some persons have endeavoured to prove that the head retains consciousness for some time after decapitation, which is not an improbable supposition, though it scarcely admits of proof.

The Hôtel Dieu at Nismes is a neat hospital, containing about two hundred beds; the treatment of the sick, especially the surgical patients, appears to me to be very judicious. There is also a large hospital for incurable patients, old, infirm, and insane persons, and those affected with diseases of the skin.

Pursuing his journey westward, the traveller passes through a country of vineyards and olive plantations, in which stands the town of Lunel, celebrated for its sweet wines, and arrives at Montpelier after a drive of six hours. At the time when little was known respecting the climates of the continent, invalids were frequently sent to Montpelier from England. Many also resorted to it from different parts of France, attracted by the reputation of its fine climate and the skill of its physicians. Numbers, however, acquired the sad experience that, in point of climate, there are few localities more prejudicial in cases of pulmonary disease. Mr. Mathews says, speaking of the climate of Montpelier—"A week of severe illness! It is difficult to conceive how Montpelier ever obtained a name for the salubrity of its climate. For pectoral complaints it is probably one of the worst in the world. It is true there is

almost always a clear blue sky, but the air is sharp and biting, and you are constantly assailed by the *bise* or the *marin*, and it is difficult to say which of these two winds is most annoying. The one brings cold, the other damp. The climates of Europe are but little understood in England, nor, indeed, is it an easy thing to ascertain the truth with respect to climate. Travellers generally speak from the impression of a single season, and we all know how much seasons vary." Indeed, Nismes would have the advantage over Montpelier with regard to climate, as it is in some measure sheltered from the north, to which Montpelier, situate on the acclivity of a hill, is completely exposed; and the *vent de bise* is consequently felt in all its violence. As in Provence, the earth, during great part of the year, is parched up for want of rain, and the dust lies thick upon the ground. In summer the heat is extremely oppressive, obliging most of the inhabitants to remain within doors in the middle of the day. The best period for a short residence here, or at any of the towns in this part of France, is in the months of September, October, and November, though at this time the rains sometimes continue for days together, with but little intermission. To certain individuals, however, the climate of Montpelier or Marseilles would not be unsuitable, as in some cases of asthma and bronchial relaxation, without much tendency to inflammation, but accompanied with a copious secretion of

mucus, as not unfrequently occurs in elderly persons; but unless there existed a particular predilection for either of these places, I would not recommend an invalid to go there, as equal, if not greater, advantage would often be derived from some of the towns of Italy, which present more *agrémens* for a winter residence. Some dyspeptic and rheumatic persons would likewise find themselves benefited by this kind of climate. Not only valetudinarians, however, but also those in good health, should be particularly cautious in guarding against the cold winds, and the difference between those hours when the sun is shining and after it has set; the range of temperature being considerable, and the surface of the body being more affected by cold from the previous influence of the sun's rays. Among the more prevalent diseases may be enumerated inflammatory affections of the air-passages and of the mucous lining of the alimentary canal, consumption, and diseases of the eyes.

The town is not handsome; its streets are mostly narrow, and indifferently paved. The number of inhabitants amounts to about thirty thousand. The celebrated promenade De Peyrou, at the most elevated part, is the most frequented place of resort. It commands an extensive view of the surrounding country, and of the olive-clad hills in the distance—among which numerous white villas are interspersed—and is embellished with an equestrian statue of Louis XIV., as also with a fountain

supplied by a modern aqueduct of considerable extent. There is likewise another much-frequented promenade on the Esplanade, at the opposite extremity of the town.

The objects principally worth visiting are, the Musie Fabre—a collection of pictures presented to his native town by the individual whose name it bears, among which are some by first-rate Italian masters—the cathedral, and the Ecole de Médecine. But few English reside at Montpelier. House-rent and provisions are cheap, but poultry, butter, and eggs are very scarce; as also at Nismes, and throughout Provence, on account of the deficiency of pasturage and grain in the country: these articles are consequently brought from other parts, principally from Toulouse.

Montpelier is the seat of one of the three Faculties of Medicine in France, the two other being Paris and Strasbourg; but its reputation as a medical school is not so great as formerly. The examinations of students for the diploma are very leniently conducted, on which account, those who aspire to distinction likewise take out a Paris diploma. The medical practice is less based on exclusive theories than at Paris, and is also less experimental. Inflammation is not considered to be so generally the cause of disease as in Paris, and a greater degree of attention is paid to the peculiarities, the condition of the vital powers, &c. in individual cases, which form the grounds of indication for the treatment. Hence the practi-

tioners of the Montpelier school have been termed Vitalists, in opposition to the Broussaists, who saw inflammation in almost every case which came under their observation. The practice of surgery is likewise less purely manual and mechanical than at Paris; many diseases, as in England, being treated by internal medicines. The hospital is a large and handsome building, containing from seven to eight hundred beds; many patients being sent from the towns in the neighbourhood. Professors Lallemand and Serres, whose reputation is known throughout Europe, have the direction of the surgical clinique.

A railroad has recently been opened between Montpelier and the sea-port of Cette, which is a town of considerable importance in a commercial point of view, from the constant transmission of merchandise and produce between Marseilles, Toulouse, and Bordeaux, by means of the canal du Midi. There is also at Cette a manufactory of port, claret, champagne, and other wines, which supplies Italy and most of the towns on the shores of the Mediterranean. A steamer leaves every morning to cross the salt-water lake of Thau, a distance of eight miles, into which the canal opens, passengers and goods being then transferred to the canal-boats. At the extremity of the lake, opposite to Cette, are the baths of Balaruc, which are a good deal frequented in the season, chiefly by persons from Montpelier, Toulouse, and other parts of the south of France. A few Parisians

resort thither, but there have been as yet only two or three English invalids. In fact, the place would be but a *triste séjour* for those unaccompanied by relatives, as there is only the Establishment, and one or two other houses, where visitors can be accommodated. The environs are uninteresting, and there are no resources for amusement. The baths, however, are convenient, and the douche and vapour baths have lately been newly fitted up. The springs are saline, their contents being principally muriate of soda, with a little gas. In this respect, they are not unlike Wisbaden, and have a high reputation for efficacy in rheumatic, and especially in paralytic cases.

The canal du Midi, or de Languedoc, though projected during the reigns of several of the French kings, was commenced and finished by Lous XIV. It banks are for the most part protected from the action of the water by the planting of rushes. The hills are in several places pierced to admit its passage: one of these gottoes, termed Mal-pas, being one hundred and seventy metres long, twenty-five feet wide, and twenty-two feet in height, the sides and roof being built up with masonry. The boats are drawn by horses at the rate of about seven miles an hour, but, on account of the delays at the numerous locks, thirty-six hours are required to perform the journey from Cette to Toulouse. The country through which the canal passes no longer presents the aridity of Provence, but is rich, fertile, and in many parts highly picturesque. At

Carcasonne, the snow-tipped summits of the highest Pyrenees rise upon the view, and on approaching Toulouse, the whole range becomes more distinctly visible.*

* This celebrated canal, by which the water communication of the two seas is effected, was proposed as far back as the time of Charlemagne; and subsequently in the reigns of Francis the First and Henry the Fourth. Richelieu also entertained the project of completing it, but the works were not commenced till 1667, under the direction of Riquet de Bonrepas, and the canal was opened in 1684. It is, however, not so available as it might be if the Garonne near Toulouse were deeper, so as to be navigable. There are eighteen locks on the Atlantic side, and forty-six between Naurouse and the lake of Thau. It is crossed by more than a hundred bridges, and passes beneath fifty-five bridge-aqueducts.

CHAPTER V.

Toulouse—Climate—Bagnères de Luchon—Bagnères de Bigorre—Baths—Lourdes—Valley of Argelés — The Cagots—Barèges, and its Mineral Springs—St. Sauveur—Gavarnie, and Cirque de Marboré.

TOULOUSE, the ancient city of song and troubadour, is said to have existed before the foundation of Rome. It is situate in a beautiful and fertile plain on the right bank of the Garonne, which is crossed by a handsome bridge of brick, of which material the houses are likewise constructed, stone being a scarce article in this part of France. The population amounts to about sixty thousand. The streets are narrow, thronged, and noisy; several of the shops and cafés are handsome, and decorated in a showy manner. There are two or three fine squares, viz. the Place Lafayette, and especially the Place du Capitole, one side of which is entirely taken up by the Hôtel de Ville. On the first floor of this building is a large hall, known by the name of the *Salle*

des illustres Toulonnois, containing busts in *terra cotta* of the many celebrated characters born at Toulouse from the time of the Romans to the present. Here are held the meetings of the academy of the Floral games, which awards prizes to the best compositions in poetry. The annual meeting and distribution of the prizes take place in May. In an adjoining apartment is the statue of Clemence Isaure, the founder and patroness of these games, who lived in the beginning of the fourteenth century. Toulouse possesses two theatres, several public libraries, reading-rooms, and scientific societies. The people are in general affable, fond of pleasure, and live a good deal out of doors. House-rent and living are cheap. The winter climate is generally mild, without the dryness of Provence, or the humidity which prevails on approaching nearer Bordeaux. Cold winds are, however, sometimes severely felt. The west wind, sweeping over the Atlantic, is laden with moisture, and is extremely trying to invalids. Rain not unfrequently falls, the weather being variable from day to day. In the autumnal months the weather is generally fine till Christmas. In spring, cold and damp winds are prevalent, frequently alternating with rain. The environs are exceedingly productive in fruit and grain; and the flower and fruit market, which is held in the Place du Capitole, is scarcely to be equalled elsewhere. One of the most frequented walks leads to the column lately erected on an eminence at some distance

from the town, to the memory of the soldiers of the French army who fell in the battle in 1814. On it is the inscription, "*Aux braves morts pour la patrie, Toulouse reconnoissante.*" From this spot a good view may be obtained of the town, and of the positions occupied by the respective armies.

The Garonne is only navigable at Toulouse for small boats; so that travellers proceeding to Bordeaux usually go by land to Agen, (a drive of ten hours,) and there take the steam-boat. Those who direct their course towards the celebrated mineral springs of the Pyrenees, traverse a beautiful and cultivated country, interspersed with numerous villages and hamlets, to St. Gaudens, where they arrive in about eighteen hours. From this point two roads diverge. By following the one to the left, you enter a valley, which becomes narrower and less cultivated as you advance, and after a four hours' drive find yourself at Bagnères de Luchon, which is situate immediately "*sotto i gran monti Pirenei,*" in a valley of the brightest verdure, watered by the Pique and other streams, and above which the Maladetta, the highest mountain of the range, raises its snow-capped peak. The town contains a population of two thousand inhabitants, and is built in the form of a triangle: each apex terminating in an avenue of trees. The lime avenue leads to the bath establishment, which, (like other French baths, is under the superintendence of government,) lies at the foot of a hill,

whence the water issues, and passes immediately into the baths. The springs are hot and strongly sulphurous, and are among the most efficacious in the diseases for which this class of mineral waters is indicated. Their temperature varies from 26 to 52° R.

The environs of Bagnères de Luchon are highly romantic, and contain many interesting points, to which agreeable excursions may be made. The lakes of Oo and Seculejo are among the spots most frequently visited; and the lover of solitude, who delights to

> "Slowly trace the forest's shady scene,
> Where things which own not man's dominion dwell,
> And mortal foot hath ne'er or rarely been,"

may find ample scope for the indulgence of his taste; but, notwithstanding its scenic beauties, and the efficacy of its waters, Bagnères would not be an attractive summer residence to most English visitors, unless fond of seclusion, as the French, when *aux eaux*, associate very little with those whom they have not previously known. There are no public *reunions*; the accommodations in most of the French baths are very inferior to those of the German; and the presence of vermin in the beds, &c. is not unfrequently complained of. Each family is served with dinners from a *traiteur's:* there are few *tables d'hôte*, and those only at the larger baths, for the accommo-

dation of travellers. With the exception of two or three places, living is not dear at the Pyrenean baths; persons, for instance, may be boarded and lodged during the season at Bagnères de Luchon or Bagnères de Bigorre for five or six francs a day. Both England and Germany are, however, deficient in hot sulphur springs; and in cases where they are indicated, there are none in Europe (Aix la Chapelle perhaps excepted) which are so efficacious as those of the western Pyrenees; but as I have more especially referred to their medical properties in another work, I need not again enter into their consideration in this place.

A path, or rather a mule-track, leads across the mountain, by Arreau, to Bagnères de Bigorre, through some of the finest scenery of the Pyrenees; though, at the time of my visit, (May,) the snow was too thick upon the mountain to admit of my attempting the passage; I therefore passed round by Montrejeau, and ascended the valley of the Adour, in which this town lies, being sometimes called Bagnères-Adour. The country between Montrejeau and Bagnères is a succession of ascents and descents, and the scenery is beautiful and diversified. The time required for the drive is about three hours.

The town looks well from the hills. The white and yellow painted houses, with their slated roofs; the bright verdure of the valley; the deeper hue of the pine forests on the acclivities of the mountains, the summits of which are imbedded in perpetual

snow; form a series of beautiful and striking contrasts; while the clear waters of the Adour and other streams diffusing fertility around,

> " Sempre l'erbe vi fan tenere e nove,
> E rendean ad ascoltar dolce concento,
> Rotto fra picciol sassi, il correr lento."

Beyond the town the picturesque valley of Campan—the beauties of which, however, have been rather exaggerated by writers and poets—extends to the foot of the Tourmalet, on the opposite side of which lie Barèges and the vale of Luz.

Bagnères de Bigorre lies near the foot of the *pic du Midi*, and is the largest and most frequented of the Pyrenean watering-places; a great proportion of the visitors remaining more for pleasure than for health. The number of English is at times not inconsiderable from Pau or other places in the south of France, or Italy. Many persons likewise pass some time at Bagnères, after having taken a course of one or other of the springs in this part of the country. It stands seventeen hundred feet above the level of the sea; is encircled on all sides but the north by green hills and pine-covered mountains, and is consequently one of the coolest summer residences in the Pyrenees. The resident population amounts to eight or ten thousand, and the resources for amusement are greater than at the other baths. Bagnères was a great place of resort in the time of the Romans, by whom

it was termed *Vicus aquensis.* There are numerous well-shaded walks and roads in the immediate environs; those which are most frequented are the *Allées* Bourbon, the garden Theas, and the valley of Campan. This part of the Pyrenees produces some beautiful kinds of variegated marble, and near the town is a *marbrière,* where it is worked into tables, statues, and other articles of *gout,* which are exported. This marble is, however, much softer than that of Italy, and does not bear exposure to the open air.

The bathing establishments are numerous; the principal one belonging to government, termed the *Thermes de Marie Therese,* is an elegant structure of white stone, the interior of the bathing cabinets being composed of different coloured marble. The baths are thirty-six in number, and are exceedingly convenient, each having a dressing-room attached to it; over the door is inscribed the name of the spring by which it is supplied. Those of *La Reine,* which is the hottest, and the *Dauphin,* are most used. There is likewise every requisite apparatus for douche and vapour baths. As the water is too hot to be used at its natural temperature, it collects into large reservoirs at the back of the establishment, where it is cooled.

Frascati's is another bathing establishment, and also a lodging-house, which contains the public rooms for balls, billiards, and the newspapers. A single person may board and lodge here for about

six francs a day. Other lodging and bathing-houses are supplied by particular springs, as the *Pinac*, *Lannes*, *Petit Prieur*, *Santé*, &c.

All these springs are saline, and in their composition are not unlike those of Baden-Baden or Bath, though they contain much less saline substance. Their temperature ranges from 27° to 35° R. Some time ago it was supposed that one of the springs was sulphurous, as at the other baths of the Pyrenees. This sulphurous impregnation was, however, discovered to be an accidental circumstance, dependent upon one of the saline springs passing through a drain where there was organic and vegetable matter in a state of decomposition. After this was cleared away, the spring lost its sulphurous property. There is at Bagnères an hospital for the military and poor persons to whose cases the springs are considered applicable.

On ascending the valley by a road bordered with poplar trees, for about a mile and a half, you arrive at another bathing establishment in a secluded spot, at the foot of a steep hill, whence arise the springs from which it takes its name—*Salut*. There are here ten baths, into which the water keeps constantly flowing from a marble mouth, so that the baths are taken at the natural temperature, and they are in great request from five in the morning till three in the afternoon. As there are no apartments for lodging in the building, the bathers must come each time from the

town on foot, in a carriage or *chaise à porteur*. This is among the least mineralized of the springs, the solid substance being scarcely more than a grain or two to a pint of water. It is mostly employed by delicate persons and nervous ladies.

On the hill at the entrance of the town from Tarbes, a chalybeate spring rises from the rock, and is drank by some invalids, though, as it is but slightly impregnated with iron, and scarely contains any gas, it would not be of great service in cases where chalybeates are indicated. From this spot may be obtained a good view of the town and valley, the *Pic du Midi* and other mountains, and of the course of the Adour; the *ensemble* forming one of the most picturesque scenes that can be conceived.

Tarbes, formerly the capital of the Bigorre, is a pretty little town, situate in a plain at the entrance of the valleys, and forms a central point, where the roads meet from Bagnères, Toulouse, Cauterets, and Pau. From the Prado or public walk, and also from the balcony of the principal hotel, you may enjoy the prospect of a considerable extent of fertile country, terminated by the

"Long-waving line of the blue Pyrenees."

The whole range, and the relative attitude of the most celebrated *pics* being distinctly visible.

From this town, the traveller who purposes visiting the baths of Barèges or Cauterets, after traversing a pretty undulating country, arrives at

Lourdes, which occupies a situation strikingly beautiful and picturesque, at the entrance of the valley, being surrounded by green hills—on the lower acclivities of which the vine is cultivated—meadows and fields of maize, through which flows the Gave de Pau. It is overlooked by the ruins of the castle, of which a tower constructed by the Romans is still in tolerable preservation. This castle stood on the precipitous rock at the foot of which the town lies, and fell into the hands of the English in the reign of Henry VI. It was considered impregnable till it was taken, in 1394, by the Duke of Anjou, by whom it was burnt. From this stronghold the English used to descend and plunder the surrounding country. Froissart in his Chronicles says—" Rien n'etoist qui ne leur venoist à point s'il n'etoist trop chaud ou trop pesant."

On quitting Lourdes, you enter among the wild scenery of a defile, where at several parts the rocks approximate so closely to each other as scarcely to allow space for the passage of the Gave.

> " The mountains closing—and the road, the river
> Filling the narrow pass."

A little further on, the valley of Argelés lies before you, realizing all that one can conceive of pastoral beauty—flocks grazing in meadows of the brightest green, and planted with mulberry and fig trees—vineyards on the side of the hills, the rocky summits of which are ever and anon crowned with a ruin; neat villages placed at short intervals,

and the little town of Argelés, through which the road passes, form altogether a most enchanting picture, which strikingly contrasts with the sterile and snow-capped mountains by which it is enclosed. This valley is eight miles in length and three in breadth. Many of the inhabitants on the left of the river, where the ventilation is not so free, are affected with goîtres; and *cagots* (who are identical with the cretins of some Alpine districts, but who have now nearly disappeared) were formerly very common.* At Pierrefitte, a road

* The Cagots are found in several of the more secluded valleys of the Pyrenees, particularly in the lateral valleys that branch from the valley of Barèges, Luchon, and Aure. So sedulously do the Cagots keep apart from the rest of their fellow-men, that one might travel through the Pyrenees without seeing an individual of the race, unless inquiry were specially directed towards them. The Cagot is known by his sallow and unhealthy countenance, his expression of stupidity, his want of vigour and relaxed appearance, his imperfect articulation, and in many cases his disposition to goîtres. The days of Cagot persecution have passed away; but tradition has preserved a recollection of their degradation and sufferings, and has even, in some degree, handed down, along with the history of these persecutions, some vestiges of the prejudice which gave rise to it. From time immemorial the Cagot families have inhabited the most retired villages and the most miserable habitations. The race has always been regarded as infamous, and the individuals of it as outcasts from the family of mankind. They are excluded from all rights of citizens; they were not permitted to have arms, nor to exercise any other trade than that of wood-cutters. And

branches off to the right, leading to Cauterets; that on the left leads to Luz, St. Sauveur, and Barèges, immediately ascending between lofty and precipitous pine-covered mountains, separated by the river or *gave*, which rushes with impetuosity beneath, and is crossed by bridges no less than eight times in the space of three leagues, according as either side offered greater facility for the construction of the road, which for the greatest part of the distance is cut out of the mountain's side. In about two hours the highest point of the pass is attained, whence there is a gradual descent to the *riant* plain of Luz, surrounded by mountains in the form of an amphitheatre. This part has been compared by Ramond with the valley of the Reuss in Switzerland, and there are certainly few scenes in Europe where the beautiful, the picturesque, and the sublime, are so perfectly combined.

in more remote times they were obliged to bear upon their breasts a red mark, the sign of their degradation so far, indeed, was the aversion to this unfortunate people carried, that they entered the churches by a separate door, and occupied seats allotted to the rejected caste. The persecutions have long ceased, and time and its attendant improvements have diminished the prejudices, and weakened the feelings of aversion with which they were formerly regarded. But they are still the race of Cagots; still a separate family; still outcasts; still a people who are evidently no kindred of those who live around them; but the remnant of a different and more ancient family."—Inglis, South of France and the Pyrenees.

Barèges is about an hour's ride from Luz, by a continued ascent. The road all the way from Pierrefitte was constructed by the engineer Polard, of whose abilities it remains a standing monument; the difficulties he had to encounter having appeared to others to be insurmountable. Some parts between Luz and Barèges are very steep, and are not unfrequently carried away by the torrent or by avalanches. As you ascend, the gorge narrows, vegetation becomes more scanty and disappears, though here and there, high up on the mountains, patches of land are still cultivated by the peasantry. On approaching Barèges, however, the desolation appears to be complete: not a tree is to be seen, and huge masses of stone, brought down by the avalanches, lie scattered about in all directions. The road extends no further than Barèges, there being merely a path across the Tourmalet to Bagnères de Bigorre. In fact, no spot would seem to be less calculated for the situation of a bath than Barèges, which consists of a single street on the acclivity of the mountain, with the impetuous *gave de Bastan* foaming beneath. For nine months in the year the place is deserted, being left in the keeping of about twenty men, who pass the winter there to prevent its being occupied by the wolves, which not unfrequently take up their abode in the houses. As it frequently happens that the winter occupants are completely shut out from any intercourse with the valley by the snow, they are obliged to lay in

a stock of provisions and fuel for three or four months, and on the return of fine weather, assisted by others from below, begin to clear the road, and ascertain the damage that has been effected; as many of the houses are every year carried away by the torrent, or overwhelmed by the avalanches. At the time of my visit in May, numerous workmen were employed in digging away the snow beneath which several houses were buried, and in getting the place a little in order for the season, which begins about the middle of June, from which period till September it is crowded with invalids, who certainly would not resort thither for pleasure, or unless they had learned from experience the efficacy of its mineral springs. Thus every year is practically contradicted the opinion of those who, knowing little of the power of these agents, consider that the benefit which persons derive from a visit to a mineral spring is attributable to the accessory circumstance, as change of air, the agrémens of the place, the beauties of scenery, &c. These have, no doubt, considerable influence on many slight ailments, but would have very little in such cases as are usually sent to Barèges.

In the centre of the street is a small square, on one side of which are the baths, on the other a military hospital, supported by government, for wounded soldiers, the number of which amounts to about four hundred, that of the visitors being about eight hundred, or a thousand, almost all of them

invalids, and many who are not able to walk, or hardly to get about on crutches. There is only one table d'hôte, and each party is served separately from a traiteur's; nor is there any society, and, as may be supposed, the climate is bad enough, so that existence in the place for several successive weeks would be unbearable, were it not for the benefit anticipated and experienced from the springs. In the bathing establishment there are sixteen private baths; but most of the patients bathe in the piscinæ or public basins. Douches are a good deal used, the water falling from a height of five or six feet from reservoirs through tubes about as thick as a man's forearm. The piscina for the hospital patients—but in which several visitors likewise bathe—is an oblong vaulted chamber with stone walls; the water is about three feet deep, and flows into the bath through a wooden trough, beneath which those who require the douche hold the affected part. About sixteen persons can bathe at the same time. The springs *la Douche, la temperée,* and Polard, are the most used; the temperature of the former is 44°, that of the second 33° R., and about 30° in the piscinæ, which are badly ventilated, and filled with vapour, which induces copious perspiration. There is likewise a piscina for indigent patients. The average number of baths required by patients is from thirty to forty. Though the springs are almost exclusively used for bathing, there is one drinking spring. They are strongly sulphurous,

and more energetic in their action than any others in the Pyrenees, but they do not emit so disagreeable a smell as others of the same class, which contain a large proportion of sulphuretted hydrogen, as in these the sulphur exists principally in the form of sulphuret of soda. The cases in which they are most efficacious are scrofulous diseases of joints and other enlargements, rheumatic and paralytic affections, old ulcers and wounds, especially when there are foreign substances, as bullets, pieces of clothing, &c., lodged in the body, (the expulsion of which not unfrequently takes place during the course,) and some eruptions on the skin.

St. Sauveur lies on the side of the mountain immediately opposite to Luz, from which it is not more than half a mile distant. It is built on the edge of a wide and deep ravine, the sides of which are clothed with brushwood, and between which the *Gave* makes its way with impetuosity three hundred feet below. A handsome stone bridge has within the last few years been constructed across the ravine, whence a winding road leads up to the bath. At the widest part of the street, stands, on the one side, the church; on the other, immediately overlooking the ravine, is the handsome bathing establishment, with sixteen cabinets and a drinking fountain. There are two springs, or rather one spring having two outlets; the temperature being 28° and 33°. It is much less sulphurous than that of Barèges, and is sometimes

recommended preparatory to the stronger springs, but is more particularly applicable to nervous affections and other cases peculiar to ladies. Not more than from two to three hundred persons can be accommodated at the same time; the want of room, consequently, renders living and lodgings dearer than at most of the other baths. There is little or no general society, and yet there are few places where those who delight in the beauties of scenery, and in a romantic country, could pass a few weeks in the summer more to their satisfaction. Tractable and well-conditioned mountain ponies are here, as at the other baths of the Pyrenees, always at the visitor's command.

The most frequented of the excursions in the environs, which no visitor who is able omits to make, is the celebrated cascade of Gavarnie, and the Cirque de Marboré, to which, however, there is merely a horse road. After crossing the ravine at St. Sauveur, you enter a defile between steep and sombre mountains, the sides of which are plentifully covered with brushwood, their summits clothed with pine trees, and which, separated at their base by the torrent, gradually recede from each other in proportion as they become higher, the path being cut sometimes on one side, sometimes on the other. While standing on the first bridge, a considerable height above the foaming torrent, I was strongly reminded of the similarity of the scenery to that of some of the finest parts of the Via Mala in the Grisons. Several water-

falls—which are rare in the Pyrenees—add to the interest of the ride. In about another hour you emerge from the defile upon the beautiful valley of Pragnères, which, with the numerous cottages and *chalets* on the sides of the hills, its flocks of sheep and goats tended by peasant girls, its cultivated fields and meadows where

> " Flowers fresh in hue, and many in their dyes,
> Implore the pausing step,"

strongly contrasts with the wild scenery which you have just quitted, and are again about to behold. Beyond the village of Gedro, the mountains again approach close to each other; vegetation becomes more and more scanty, and at last disappears altogether. You now enter upon the district aptly termed Chaos, where desolation reigns supreme, which is heightened by enormous masses of rock, (several being as large as a good sized house,) scattered about pell-mell, one above another, for a considerable distance, the path winding between them, and being frequently hidden from the view. The bed of the Gave being also completely encumbered, the water is turned from its course, and, flowing over these masses, falls in numerous cascades, which add greatly to the interest of the scene.

How and when the mountain fell which occasioned this devastation is unknown, though traditions are not wanting respecting the occurrence.

Altogether the scene is of such an interesting

and peculiar kind, that it must be seen to be appreciated: no description could do it justice. On approaching Gavarnie, the country has the same wild and sombre aspect, several mountain *pics* are constantly visible, and, at one part of the road, a view is obtained of the *cirque;* as also at an elevation of some thousand feet, of the perpendicular rocky barrier separating France from Spain, with the aperture three hundred feet wide, termed the *Brèche de Roland,* from the tradition that this *preux chevalier* made the said breach with his good sword.

From Gavarnie the *cirque* is seen to great advantage, and appears to be quite close; but an hour's ride is still required before you find yourself at its entrance. As my powers of description would be totally inadequate to give a correct idea of this wonder of nature, (even if lengthened description were admissible in this work,) I shall merely content myself with stating that this celebrated circle is an almost perpendicular wall of yellowish rock, having the appearance of marble, about a hundred and fifty feet high, extending in a semicircular form so as to enclose an area of four miles. In the centre are several ridges, rising one above another, over which a sheet of water falls, forming the cascade (though at the time of my visit it was frozen, presenting the appearance of extensive sheets of snow.)

Those desirous of ascending to the Brèche de Roland, and passing through it into Spain, may find trusty guides at the village of Gavarnie.

CHAPTER VI.

Cauterets and its Mineral Springs—Pau—Climate of Pau The Eaux Bonnes and Chaudes—Inhabitants of Pyrenees—The Landes—Bordeaux—Climate of Bordeaux.

A WIDE and well-constructed road leads by a gradual ascent from Pierrefitte, at the extremity of the vale of Argelés, to Cauterets, passing at first through a beautifully-wooded dell, between lofty pine-covered mountains, and afterwards through a more wild and sterile district, with scarcely any signs of cultivation.

This celebrated watering-place lies in the secluded valley of Lavedan, surrounded by scenery of the most romantic kind. It chiefly consists in a single street, which widens out into a square. The resident population amounts to about fifteen hundred, and about two thousand visitors could be accommodated in the season, during which period it is generally thronged, especially by the Parisians, with whom it is a favourite summer re-

treat. Apartments are, consequently, often exceedingly difficult to be obtained, and are mostly very dear. In the square is the Hôtel du Cercle, where there are public rooms for reunions, but there is little general association among the visitors, so that a stranger who does not possess resources within himself, would, notwithstanding the magnificence of the scenery, find Cauterets but a dull residence. There are two or three tables d'hôte, but they are not well attended. Cauterets has not the advantage of shaded walks, (the only rows of trees being in an enclosure behind the town, which serves for a promenade,) and from its being surrounded by lofty-peaked mountains, the summits of which are covered with perpetual snow, the reflection of the sun's rays must be, at times, severely felt, notwithstanding its elevated position; and what must be a great inconvenience to invalids, the bathing establishments, with one exception, are out of the town, some of them being at a distance of more than two miles.

The season lasts from June to September, before and after which periods, poor persons are allowed to use the baths on payment of a trifling sum, (two or three sous each bath.) Beyond the town a gradual ascent of the valley leads to the principal establishment—la Raillière—a handsome isolated edifice, with a central vestibule, drinking fountain, and bathing cabinets, furnished with marble baignoires and douche apparatus, on either side. Some distance beyond this, are the springs *du Pré*,

petit St. Sauveur, and *du Bois;* the latter being perched high upon the mountain's side. The baths in these establishments are dark and dirty-looking; there is also in this direction the spring Mahourat, which is only used for drinking. These springs lie about a league from the town, amidst scenery of the most magnificent description, and at the junction of two foaming torrents, which, obstructed by large masses of rock detached from the mountains, form numerous cascades. From hence the road to the right conducts to the Lac de Gaube and the Pont d'Espagne, (the latter being a narrow bridge, thrown across the torrent from one rock to another,) which are the objects best worth visiting in the environs.

The temperature of the springs varies from 21 to 40 R. The composition of the water is very analogous to that of other springs in this part of the Pyrenees, containing principally sulphuret of sodium, carbonate, sulphate, and muriate of soda, with carbonic acid and azotic gases in small quantities. The Raillière is the spring mostly used for drinking; it has a high reputation in pulmonary and nervous affections, and in dyspeptic cases.

Besides these springs, however, there are others in a different direction, which are much more sulphurous than the southern group, and are chiefly used for baths. These are termed Bruzaud, situate at the foot of the hill close to the town; Cesar, high up on the same hill; and la Reine, near the former. When I was at Cauterets, a large bathing

establishment was in progress of construction, to be supplied by the spring des Espagnols. Patients who cannot walk to the baths are carried in *chaises à porteur*, the price of which is very low, and which are indispensable in protecting susceptible invalids from the transitions of temperature, which are at times very great and sudden.

The number of the springs enables the practitioner the better to adapt them to individual cases and pecularities.

Though the composition of some of these Pyrenean springs be not materially different, yet they differ considerably in the important circumstances of temperature and locality, and certain of them have acquired a special reputation in particular complaints. Thus, Barèges is recommended, *par excellence*, in cases of old wounds, ulcers, or long standing affection of the bones; Bagnères de Luchon, in gouty, rheumatic, and cutaneous diseases; St. Sauveur in nervous complaints, and some local affections to which women are subject; while Cauterets, from the number of its springs, and the difference of their temperature, can be adapted to most of the above-mentioned indications. The greater number of patients are perhaps those labouring under the various forms of indigestion, and pulmonary complaints, or a tendency to consumption. The number of those with rheumatic and cutaneous diseases is likewise considerable.

Having enjoyed the gratification of visiting the

baths of Barèges, St. Sauveur, and Cauterets, with the highly interesting scenery in their neighbourhood, the tourist who is disinclined to excursions among the mountains, or to passing into Spain, must retrace his steps by the valley of Argelés to Lourdes; whence the drive to Pau presents a different character of scenery. The road is continued for some distance on the bank of the Gave de Pau, here already a river of considerable size, and traverses a smiling country of pasture land, cornfields, and prettily-wooded hills, which seems to be the abode of fertility and contentment.

A little before arriving at Estelle, the department of the High Pyrenees terminates, and you enter that of the Low Pyrenees, where the country increases in beauty, resembling a rich garden, and producing a variety of fruit, Indian corn, and grain; the vines hanging in festoons between the trees, as in Italy.

Numerous country-houses and detached cottages are seen on approaching Pau, which is situate on an elevated plain in the richest part of the district of Bearn, of which it was formerly the capital. It contains a population of twelve thousand inhabitants; is a clean and cheerful-looking town, and has greatly increased in size within the last few years, which is partly attributable to the number of English residents, and of the visitors who resort thither on the approach of winter.

In fact, Pau offers many inducements to families and invalids to select it for a winter residence.

Its position is in the highest degree beautiful; the houses and accommodations are good, though the proprietors are somewhat *exigeans*. Provisions of all kinds are abundant, and the climate is better than that of any other town in the south of France. It is humid as compared with that of Provence, but drier than other towns in the south-west, on account of its more elevated position, and from the gravelly nature of its soil. Sir J. Clark says in reference to it, in his work on Climate—"Calmness is a striking character of the climate, high winds being of rare occurrence, and of short duration. The mean annual temperature is $4\frac{1}{2}$ higher than that of London; 5° lower than that of Marseilles, Nice, and Rome. In winter it is 2° warmer than London; 3° colder than Penzance; 6° colder than Nice and Rome, and 18° colder than Madeira; but in spring Pau is 6° warmer than London, and only $2\frac{1}{2}$ colder than Marseilles and Rome. The daily range of temperature at Pau is $7\frac{1}{2}$, at Nice $8\frac{1}{2}$, at Rome 11°. The number of days on which rain falls on an average is 109, nearly the same as at Rome, and about 70 less than at London; the west wind blowing directly from the Atlantic is accompanied with rain. The wind from the north-west, and from this point to the north-east, brings dry cold weather; while that from the north-east to the south is usually attended with clear mild weather; south and south-west winds are warm and oppressive. The westerly or Atlantic are most prevalent. The north wind blows feebly,

and is not frequent. Rain seldom continues for more than two days at a time, and the ground dries rapidly; the atmosphere generally speaking is free from moisture." Sir James further states that "the circumstances which render Pau eligible for some invalids are, that the atmosphere, when it does not rain, is dry and the weather fine; there are neither fogs nor cold piercing winds, and the mildness of the spring is characteristic, and is consequently favourable in chronic affections of the larynx, trachea, and bronchia. In gastritic dyspepsia, and some kinds of asthma, it is also beneficial; but is prejudicial in bronchial disease, accompanied with much general relaxation, copious expectoration, and dyspnœa. It is too changeable for consumptive diseases." Some gouty patients would also derive advantage from wintering at Pau, especially after a course of mineral baths in the summer.

The town consists chiefly of a long street badly paved, whence others diverge, leading on the one hand to the Place Royale, an esplanade planted with trees, and commanding a delightful prospect; and on the other to the Place de la Concorde, a spacious square of modern houses built on arcades, with shops on the ground floor; the upper part of many of them being let to strangers. At the extremity of the principal street is the old *chateau* of Henri IV., which, with its antique towers, when seen from a distance, forms a picturesque object in the view. In the courtyard are the heads

in *bas-relief* of some of the ancient princes of Bearn. At the entrance is a statue of the King,

"Qui fut de ses sujets le vainqueur et le père,"

which shows him to have been of very diminutive stature. In the interior (which, when I was at Pau, was in a dilapidated condition, but which has since been repaired) is exhibited the cradle of the king, formed of a tortoise-shell. From the summit of the chief tower a splendid panorama is displayed of a highly-cultivated and richly-wooded country, dotted over with *chateaux* and farm-houses, and through which flows the *Gave*, which has been already noticed, but which is transformed from a foaming mountain-torrent to a placid and broad river, crossed by a handsome bridge. On the opposite side, the hills are clothed with vine-yards, which yield the esteemed wine of Juran-çon; while, towards the south, a back-ground to the prospect is formed by the chain of the Pyre-nees, in the centre of which the Pic du Midi towers above the rest.

The park, which extends a considerable dis-tance from the chateau, and possesses an avenue of fine old trees, is the most usual promenade: the walks and rides in the environs are beautiful and varied, and the angler may have ample scope for the gratification of his taste. In the town there is a tolerable theatre, and a reading-room where the London papers are received. There is also fre-quently a good deal of society, so that altogether

Pau would offer a good deal of resource as a winter residence.

The Eaux Bonnes, and Eaux Chaudes, are about seven leagues from Pau: the road passing over the bridge, and, for some distance along the river, is highly interesting. At the little town of Laruns, in the valley of Ossau, it divides into two, the one to the right leading up a wild defile between mountains clothed with box-wood to the Eaux Chaudes; while that to the left leads by a steep ascent to the Eaux Bonnes, which is closely encircled by lofty and rugged mountains, the sides of which have been in some parts cut away to allow space for new erections. Even now, the place does not contain more than twenty-five houses, which have been found insufficient to lodge the increasing number of visitors. Close at hand are quarries of marble, which have served for building several of the houses, which have consequently a handsome appearance, and are clean internally, the accommodation being better than at most of the other watering-places. The bathing establishment (with baths on the ground, and a public room on the first floor) is a new and elegant structure. The bathing cabinets are handsomely fitted up, and the baignoires constructed of white marble. In the vestibule is the drinking fountain, these springs being more used for drinking than for baths, for which the supply of water is scarcely sufficient. There are two springs, one rising behind the bath-house, the other a little way

up the mountain: they are of the lighter sulphurous kind, and enjoy a high reputation in disease of the air-passages, and in incipient consumption. The water is also sent to Pau, and is drank by some individuals during the winter. There is at the Eaux Bonnes a great deficiency of shade, and but little space for exercise, on account of the mountains approaching close to the houses. A small piece of ground has, however, been laid out and planted with trees. The heat is generally very great in the middle of the day, and the transitions of temperature are sudden. At the principal hotel there are a table-d'hôte and public rooms for reunions; the visitors also associate more at the Eaux Bonnes than at some of the other baths, where there is a more numerous society, and where there are more resources for the occupation of time.

The position of the Eaux Chaudes is even more wild and secluded than that of the Eaux Bonnes, being in a narrow gorge between box and fir-covered mountains on the edge of the *Gave d'Oleron*, which rolls with impetuosity below. There are about sixteen houses, mostly old, the bathing cabinets are low and dark, and the accommodation altogether very inferior to the Eaux Bonnes. The springs are principally employed for bathing, the supply of water being more abundant than at the Eaux Bonnes, and they are said to have great efficacy in rheumatic, paralytic, and cutaneous affections. Though these waters have been em-

ployed medicinally by the inhabitants of Bearn and the adjacent districts ever since the time of Henry IV., (when they were termed Eau d'Arquebusade, from their supposed efficacy in gun-shot wounds,) it is only of late years that a road practicable for carriages has been constructed from Laruns; previously to which, many of the inhabitants of the town earned a livelihood by carrying invalids across the mountain to the springs. Although termed *Chaudes*, the temperature of the springs is not much higher than the Eaux Bonnes, but yet it is sufficiently so for bathing, without requiring the water to be artificially heated. In the environs is a celebrated cavern termed the Fairies' grotto, which extends a considerable distance under the mountain. The frontier of Spain is about an hour's walk beyond the baths.

Previous to taking leave of the Pyrenees, I will subjoin a few remarks on the peasantry from the work of Mr. Inglis, which I have already quoted.

"The inhabitant of the Pyrenean valley is in everything more primitive than the Alpine mountaineer. In his nourishment and dress he retains the pastoral simplicity, and, I might add, in his morals too. Bread of rye or barley, and milk, and a sort of paste made of Indian corn, are the habitual diet of the Pyrenean peasant; and those who are in comparatively easy circumstances salt some kid's flesh, and sometimes a pig, for high days and holydays. In comparison with the comforts which a peasant of the Grindelwald or the Grisons

draws around him, those of the Pyrenean peasant scarcely raise him above the grade of a needy man; for not only are the articles of his subsistence of the simplest kind, but even in the quantity of these he is limited.

"In the dress of the Pyrenean peasant of both sexes, the usages of Spain have been adopted. The men cover their heads with a small bonnet, and their bodies with a large cloak, which descends to the very feet. The women throughout all the Pyrenean valleys are clothed in the same way as at Tarbes; they either wear the capulet or short hood of scarlet, or the capuchin, a cloak of black, both thrown over the head and shoulders, and most commonly they have sandals upon the feet, excepting in the mountains, where the peasant generally walks with naked feet. The mountaineers of the Pyrenees are a handsomer race than the Alpine peasantry, but the dress of the former is less adapted to display the figure.

"That besetting sin of the Swiss—greed, I have never found among the Pyrenees. The intercourse of the mountaineer with strangers has hitherto been too limited to dull his natural feelings of justice, kindness, and generosity; and I have generally found it difficult to prevail upon an inhabitant of a Pyrenean cabin, poor as he is, to accept any remuneration for his hospitalities. Crime of every description is rare in the Pyrenees, theft is very unfrequent, and murder altogether unknown. No traveller need hesitate to traverse

every part of the French Pyrenees alone and unarmed."

The journey from Pau to Bordeaux requires eighteen hours. For the first two posts the country is beautiful and highly cultivated, the land being partitioned off into orchards and meadows by hedges, which likewise border the road as in England. On quitting the province of Bearn, and entering upon the district of the Landes at Mont-de-Marsan, the aspect of the country becomes totally changed. Nothing is seen for miles but extensive marshy wastes without any sign of habitation, beyond here and there a turf hovel to afford shelter to the peasantry, who are employed to superintend the flocks of sheep, and whose aspect is sufficiently indicative of the malarious influence of the locality. In the winter, and when the ground is covered in many parts with water, they use for progression high stilts which enable them to see for a considerable distance, and with which they can run and leap the wide chasms by which the ground is frequently intersected, with surprising dexterity. A man, woman, and child, generally go together, walking on these stilts, the woman being usually employed in knitting; and, seen from afar, the group presents rather a grotesque appearance. The soil of this tract of country is loose and sandy, and the road through it was formerly made with piles of wood laid across Within the last three or four years, however, a olerable *chaussée* has been constructed

with stone, which was brought from a great distance. Notwithstanding the desolateness and unhealthiness of this district, the inhabitants are said to be much attached to it, preferring it to other parts.

At Bazos, the country again assumes an aspect of fertility, and at Langon the road joins the left bank of the Garonne, which is here crossed by a handsome suspension bridge, and whence there is constant communication with Bordeaux by steamboats. The banks of the river are beautiful, and in many parts strikingly picturesque—verdant meadows, gently sloping uplands and vineyards; well-wooded hills, occasionally crowned with ruins; modern country-houses and pleasure-grounds present themselves in succession or alternately to the view, till the traveller arrives within sight of the city, and its handsome stone bridge. The celebrated vineyards of Sauterne and Barsac lie a little way from the left bank of the river.

Few strangers can fail to be struck with the magnificent aspect of Bordeaux. The coup-d'œil of its splendid quays and range of buildings, extending in a semicircular form upwards of three miles, of the broad river crowded with shipping, and of the bridge, which is longer than that of Southwark, is *unique* of its kind; while the bustle of its streets, the spacious squares and promenades, the richness of the shops, impart to it every appearance of a metropolis. The fine avenues of trees in the *Allées de Tourny* and *des Quinconces*

are the most usual resort of the inhabitants. Among the public edifices principally deserving of notice, are the cathedral, the gothic church of St. Michael, and the theatre, which, as a work of architecture, is considered to be faultless. The interior of the building is however dirty, and the performers are but indifferent, theatricals not being much patronized by the higher classes. The great hospital St. André is likewise an elegant structure, and its interior arrangement and cleanliness are superior to most of the medical institutions which I have visited. It contains seven hundred beds. Bordeaux ranks high as a school of medicine, and numbers among its inhabitants several celebrated men. Notwithstanding its beauty as a city, it would not offer much attraction for the prolonged residence of strangers; for though the inhabitants be courteous and hospitable, most of them are engaged in commerce, and a person without occupation would soon experience a want of resources. Society is a good deal divided into coteries, and pleasure is less followed than in many other parts of France. The principal merchants have large houses on the Quai des Chartrons, beneath which are extensive cellars, where the wines are kept preparatory to exportation.

The climate is bad at Bordeaux; the heat in summer being very great, while the winter, though not very cold, is generally damp, from the winds which blow from the ocean and the marshy district of the Landes. A good deal of rain also falls.

The most prevalent diseases are rheumatic and bronchial affections, inflammations of the bowels, pulmonary consumption, scrofula, continued and intermittent fevers. *

The public cemetery, about a mile from the town, is worth visiting. It is a spacious piece of ground divided into different sections by rows of cypress and plane-trees. Some of the mausoleums and tombs are of fine marble, and all have flowers planted around them, or are decorated with chaplets of *immortelles*. There are likewise in the envi-

* " The modern word Bordeaux admits of an easy explanation, for it is almost literally *bord-des-eaux*, or bordé d'eaux, which is truth. Bordeaux is in fact surrounded by waters. On the east the Garonne flows, on the west and south three streams are found, and on the north are the rivulets called the Bourde and the Talle. And, besides all these running streams, there are many large marshes, at no great distance from the city." So situated, it may be supposed that Bordeaux cannot be a healthy city; the winds which blow the most frequently are west, south-west, and north-west, and these blowing over the ocean and the Landes, must necessarily be charged with humidity. Accordingly, the atmosphere of Bordeaux is most commonly moist and mild. During the winters, which are generally rainy, the thermometer generally descends below the fourth or fifth degree of Reaumur. This humid atmosphere and high temperature during the summer, together with the vicinity of the marshes, is productive of frequent epidemics, and of various other maladies, among which the most frequent are colds and coughs, intermittent fevers, rheumatism, and particularly those diseases which the French call *Phthisie tuberculeuse des adultes, et Phthisie pituiteuse des viellards." Inglis. Op. Cit.*

rons several points to which interesting excursions may be made, as the Chateau de la Brede, formerly the residence of Montesquieu; the Chateaux d'Epernon, Lafitte, and Margaux, where are the celebrated vineyards which are insufficient to supply a tithe of the wine which is sold in Europe under their name. [Those desirous of some account of the Bordeaux wines may refer to Inglis's travels in the south of France and the Pyrenees; and also to Redding's work on Modern Wines.]

About five miles from Bordeaux, on the Paris road at St. André de Cubzac, a great work is in progress, viz. the formation of a suspension bridge (or rather, five suspension bridges joined into one) across the Dordogne, which is considerably wider than the Garonne at Bordeaux. Three pillars of masonry in the bed of the river serve as so many *points d'appui*, and the bridge is raised so high above the water, that large vessels can pass beneath. Until it is completed, the communication is kept up beneath the banks by a ferry-boat moved by horses turning a wheel, with paddles: the current is, however, occasionally too strong to allow the boat to pass, and all correspondence between Bordeaux and Paris by this road is consequently cut off for the time. There is in the summer and autumn communication by steam between Bordeaux and Dublin, the passage being made in about three days; so that invalids proceeding from Ireland to Italy might avoid the long land journey through France.

CHAPTER VII.

Hyères and its Climate—Nice—Climate of Nice, and Diseases in which it is beneficial—Best localities for residence—Cornice road—Genoa—Climate of Genoa.

On quitting Marseilles to go to Italy by land, you pass through some interesting scenery and rocky defiles, before arriving at Toulon, where the fine harbour and arsenal are well worth visiting. About four leagues from this town, and nearly a league from the sea, lies the little town of Hyères, with a population of ten thousand inhabitants. It is built in the form of an amphitheatre on the acclivity of a hill, the summit of which is crowned with the ruins of a castle, and is delightfully placed amidst vineyards, orange and lemon trees; the surrounding hills being clothed with the olive and other evergreens. Hyères is in great measure sheltered from the influence of the north winds, which are so severely felt in other parts of the neighbouring country, while it enjoys the clear skies and con-

tinued dry weather of Provence. It is consequently a good deal frequented by invalids, for whose accommodation several houses have been fitted up at the outskirts of the town. It labours, however, under the disadvantage of having but a limited space for out-door exercise without exposure to cold winds; on which account, and also from its being more completely sheltered, and offering a greater variety of resources, Nice would be infinitely preferable as a winter residence.

Proceeding eastward, the traveller passes through Frejus, where Napoleon landed on his return from Egypt and from Elba, crosses the Estrelles, (part of the chain of the maritime Alps,) where the arbutus and other evergreen shrubs flourish luxuriantly, and where the air is perfumed by thyme and other aromatic plants, and descends to Cannes, a town prettily situate on a small bay. The best hotel is isolated from the town, and would be an agreeable retreat for those who seek retirement and seclusion. A house was built here a few years ago by Lord Brougham, who however has since made but little use of it. The island of St. Marguerite, celebrated as the place of confinement of the "man with the iron mask," lies about four miles from the shore. A little further on you pass Antibes, whence the white buildings of Nice are seen on the opposite side of the bay, and arrive at the bed of the river Var, which divides France from Piemont, and is crossed by a wooden bridge, two thousand four hundred feet long, at the extremity

of which your progress is arrested to undergo the ordeal of the custom-house.

Nice appears to great advantage on approaching from the west. Its white houses and clear blue sky form a beautiful contrast with the olive-covered hills and dusky mountains by which it is surrounded on the land side, while on the south nothing is seen but the blue waters of the Mediterranean, dotted here and there with small coasting vessels, which, with their broad lateen sails, glittering in the sun, add to the picturesqueness of the scene. The greater part of the town is separated from the port by a rocky hill, rising precipitously from the sea, and surmounted by the ruins of a fort. A parapetted road forms the principal means of communication between the two parts. The Place Victoire, a spacious square, and a range of new houses, lie to the north of the port; the old town and the new streets to the west. The streets of the old town are dirty, crowded with shops, and, with one or two exceptions, are scarcely wide enough to admit the passage of a carriage. The Corso, a promenade shaded by trees, and the streets in its neighbourhood, contain some good houses, which have a sea view, and are let to strangers in the winter. A long range of dirty-looking buildings, consisting of low shops and cafés,—the flat roof of which forms an agreeable evening promenade,—stands between the Corso and the sea. A river, or rather the dry bed of a river, which is sometimes filled by the waters from the

mountains after heavy rains, termed the Paglione, forms the limits of the town on the west, and this part also contains some good houses. The most eligible quarter, however, which is mostly resorted to by the English and higher class of visitors, is the suburb of the Croix de Marbre, (so called from the large marble cross placed upon the spot to commemorate the meeting of Charles V., Francis I., and Pope Alexander,) which extends along the shore for a considerable distance west of the town, and contains several handsome houses, to most of which a large orange garden is attached. A walk extends along the beach close to the garden wall.

The environs of Nice are delightful; the soil is extremely rich in vegetable productions; various kinds of flowers, the olive, pomegranate, lemon, orange, almond, and fig, grow luxuriantly, and some spots almost realize the poet's description of an enchanted garden—

> " Vaghi boschetti di soavi allori,
> D'ulivi e d'amenissime mirtelli,
> Cedri ed arancie ch'avean frutti e fiori,
> Conteste in varie forme e tutte belle;"

The termination of the stanza, however,

> " E tra i rami con sicuri voli
> Cantando se ne giano i rossignuoli,'

is not so applicable, as the Nissards amuse themselves by shooting all the small birds in their neighbourhood.

From the top of the hill a delightful prospect presents itself of Nice, with its numerous orange gardens, villas, and olive-clad hills; its beautiful bay, and the lofty mountains by which it is sheltered from the north, and to which it owes its advantage of climate; while immediately beneath, the houses of the old town, thickly clustered together, form a striking contrast with the beauties of earth, sea, and sky, by which they are surrounded.

The province is placed under the control of a military governor; the town consequently contains a numerous garrison, and the population amounts to about thirty-five thousand individuals, consisting, for the most part, of government employés, lodging-house keepers, fishermen, and others connected with the port. The peasantry are extremely poor, but hard-working, and honest; the women of the lower class do not possess the

"Dono infelice di bellezza,"

being for the most part dark complexioned, and coarse featured, which is mainly caused by their working constantly exposed to the sun; the mode of wearing the hair tied up on the back of the head so as to expose the forehead, and the head being indifferently protected by round Chinese-looking hats; but even these are frequently not worn while pursuing their out-door avocations.

The town itself does not present many resources for amusement. There is a good theatre, where

operas and vaudevilles are performed: the governor and two or three of the inhabitants give a few balls during the season. Dinner and evening parties are, however, frequent among the English and other visitors. The Church of England service is performed by a resident clergyman, in a neat chapel, erected in the Croix de Marbre, and encircled by the cemetery. As the only good carriage drives are those along the Paglione, the roads leading to the Var and to Genoa, excursions are frequently made among the valleys on donkeys or horseback. One of the pleasantest rides is to the convent of Cimiez, situate on a hill overlooking the valley of the Paglione, which commands a good view of the environs of Nice, and which itself forms one of the most prominent features in the scene on looking up the valley from the town. Several villas lie about the base of the hill, which may be hired in the winter. In a little work lately published, (a Medical Guide to Nice by Dr. Farr,) the author strongly recommends this situation in pulmonary diseases, and I agree with him, that, as far as climate is concerned, it would be preferable to the town in some cases.

Villefranche is another beautiful spot, lying to the eastward of Nice, from which it is separated by a steep hill. It possesses a spacious harbour, sheltered on all sides, which can admit the largest vessels. The little dirty town is almost surrounded by olive-covered hills, which rise steeply above it to a considerable height. From Villefranche, a

delightful path overlooking the sea, and bordered by olive trees, myrtle, and other shrubs, leads to L'Ospizio, situate at the extremity of the tongue of land which forms one side of the harbour, whence one may enjoy a charming prospect of several miles of rocky coast—

> "Indi i monti ligustici e riviera
> Che con arancie, e sempre verde mirti
> Quasi avendo perpetua primavera
> Spargon per l'aria i bene olenti spirti."

Nice has long been resorted to by invalids for the sake of its winter climate, which differs materially from that of Provence and the south of France, inasmuch as it is sheltered from the *vent de bise*, or mistral, by the maritime Alps on the north and north-east, and by the Estrelles, which terminate at the sea, on the west; but still it is liable to cold winds and the atmospherical transitions which render a residence in the south of Europe dangerous to invalids; hence much discrimination is required in the selection of the cases likely to be benefited by its climate, as well as the proper period of residing there. The rainy season is generally over at the time when strangers begin to arrive, and the months of November, December, and January are usually fine and warm, the temperature of the air being seldom lower than 45° in the day-time, and sometimes as high as 60° in the shade. The sky is mostly cloudless, of a deep blue colour, and the sun is often extremely

powerful in the middle of the day, when the Nissards usually remain within doors. The atmosphere is light, dry, and exciting, and is consequently suited to individuals of a torpid or relaxed habit. Cold winds sometimes occur in these months, but are most severely felt in the spring, when they blow sharply from the east over the mountains, at that period covered with snow. In the spring also the sun acquires great power, rendering the climate extremely trying to invalids, especially to those labouring under disease of the lungs or air-passages.

According to Sir. J. Clark, the mean winter temperature is 48°, being 9° warmer than London, 1° colder than Rome, and 10° colder than Madeira. The daily range of temperature is less than any other part, and in steadiness of temperature it ranks next to Madeira.

I perfectly agree with Sir James in the opinion that Nice is not suited for the winter residence of consumptive patients, or those in whom there exists much irritability of the air-passages. The air is too sharp and exciting, and the occasional cold winds are severely felt. Those persons, however, in whom there exists a predisposition to consumption, or even those in the earliest stage of the disease, will often derive considerable advantage from passing November, December, and January, at Nice, provided there be not much acceleration of pulse or cough. The climate is generally of great service in chronic bronchial dis-

ease, particularly the catarrhal affections of elderly people, attended with copious secretion of mucus, and in those forms of asthma where there is little tendency to inflammatory action. I have known some persons labouring under these complaints who have passed several successive winters at Nice. Patients with chronic gout, rheumatism, and paralysis, (the latter when not from apoplectic attacks,) as well as those whose general health has become deranged by a residence in tropical or unhealthy climates, will in general derive benefit from wintering at Nice; as will also many nervous, hypochondriacal, and scrofulous patients, and those of a cachectic habit of body, with a languid circulation. Several of these cases will be likely to derive much more advantage from climate by the previous employment of mineral waters; the combination of these means offering, in my opinion, the greatest probability of cure and amelioration in long standing disordered states of the health, where a generally alterative and renovating treatment is indicated. I have, during the last seven or eight years, been in the habit of recommending many invalids, especially those with pulmonary complaints, to leave Nice before the middle of February, about which period inflammation of the lungs and bronchia is very common among the inhabitants. Several persons, by remaining throughout the spring, have lost the advantage which they had gained during the preceding months; and though it may not seem to be a pleasant thing to

travel at this season, yet, but little difficulty is experienced in proceeding to Rome or Pisa, as the coast-road to Genoa is always passable, and, except immediately after heavy rains, is in good condition. The constant passage of steam-boats likewise presents a rapid mode of conveyance to those who may prefer it.

Nice frequently disagrees with healthy persons of an irritable or plethoric habit, inducing headache or derangement of the digestive organs. The diet, both of those in health and invalids, will require particular attention, as several articles which agree very well in England, not unfrequently disagree with people at Nice. Wine, in particular, should be taken very sparingly. Those who remain during the spring should avoid exposure to the sun's rays, by remaining in-doors in the middle of the day, or by carrying an umbrella, as there are no shady walks in the immediate neighbourhood of the town. Invalids should likewise avoid being out at sunset, as there generally arises an exhalation from the earth at that hour.

With respect to the choice of a residence, the Croix de Marbre appears to me to be the preferable situation for the majority of invalids. The villas in the neighbourhood of Cimiez are less convenient in many respects, especially with regard to dinners, which at Nice are usually sent from a *traiteur's*. When, however, a villa is preferred, one should be selected a little elevated above the plain, on account of the moisture which frequently

arises from the irrigated meadows after sunset. The houses near the Corso, which have a southern aspect, are not objectionable, but those in the Piazza Carlo Alberto, and along the left bank of the Paglione, are less eligible on account of their northern aspect, and greater exposure to the winds, which sometimes sweep down the bed of the river with great violence. The *maison Gilli* is one of the best situated lodging-houses in the Croix de Marbre. There are also several new houses near the bridge not in an exposed situation. The *pension Anglaise* will be found a comfortable residence for small parties and single people.

The distance from Nice to Genoa is about a hundred and twenty miles by the beautiful road along the coast, first opened about ten years ago, and ever since much frequented both on account of its magnificent scenery, and also from being the only way travellers can conveniently pass by land between Italy and the north, when the Alpine passes are blocked up with the snow. The posting is well served. The road, although at some parts extremely narrow, and indifferently defended by parapets, is for the most part good, and, as well as the accommodations at inns, is much improved within the last few years. It is not often obstructed by snow, but after heavy rains, which fill the beds of the mountain torrents, through which it passes, the communication is sometimes interrupted for a day or two. As the scenic beauties of this route have been dwelt upon by abler

pens, I shall abstain from description, and content myself with briefly mentioning some of its most interesting spots.

The road is for the most part cut, at elevations varying from one hundred to fifteen hundred feet, out of the side of mountains which rise steeply from the sea, frequently descending to pass through towns on the shore, winding round beautiful rivulets, or crossing some projecting headland, and at some parts is hewn for several miles out of perpendicular rocks, which also in two or three places are excavated in grottoes for its passage. On leaving Nice, you begin to ascend hills, round which the road winds for three or four miles inland. At an elevation of about fifteen hundred feet, the sea again comes into view, and you perceive beneath, the harbour of Villa Franca, with the picturesque peninsula of Ospizio. After a drive of a few miles you descend to Meutone in the principality of Monaco, where a trifling tax is levied under pretence of signing the passport. Further on, Monaco and several other towns and villages are seen crowning promontories, or nestling at the base of precipitous cliffs on the shore. Among these St. Remo, Porto Maurizio, and Oneglia, are remarkable for the beauty of their situation. Most of these towns, however, which, on account of the whiteness of the houses, produce a fine effect when seen from a distance, are, on a nearer approach, found to belie the impression created by their first appearance. After leaving Oneglia, you

ascend a steep hill, whence a turn of the road suddenly displays to the view the magnificent bay of Alassio, with numerous towns and villages skirting the shore. A small island in the bay adds to the beauty of the scene. The views in the neighbourhood of Loano and Albenga are also strikingly fine, the mountains presenting a bold and rugged aspect, which contrasts agreeably with the verdure and fertility of the valley in which Albenga lies. From the mountain of Finale you have likewise a splendid prospect, including Genoa and several intermediate towns; while immediately beneath is seen Finale, to which the descent by a narrow road, cut by a succession of zigzag turns in the precipitous sides of the mountain, is exceedingly steep. Between Finale and Genoa the road is excellent, and the scenery of the most interesting description. At Noli the gulf of Genoa, backed by a semicircle of lofty mountains, with numerous towns along the coast, and the city itself—

> "Che al mar le sponde, il dorso ai monti,
> Occupa tutta, e tutta a cerchio adorna,"

burst upon the view, exhibiting a scene unequalled in magnificence. From Savona the road is carried along the sea-shore, and, on approaching the city, is skirted with beautiful villas and gardens. You then pass through a long suburb, and, on arriving at the light-house, see displayed before you the harbour filled with shipping and encircled by hills thickly covered with palaces and villas, to-

gether with the range of fortifications carried for some miles along the heights.

The entrance by the Strada Balbi, a wide street of lofty marble palaces, is strikingly fine. The Strada Nuova and the Strada Novissima are a continuation of the Balbi, and contain the splendid palaces of the ancient Genoese nobility, forming, perhaps, the finest streets in Europe. These, however, are almost the only ones in which carriages can pass; the rest of the town consisting chiefly of narrow passages or alleys between lofty houses, descending to the port, and thronged with pedestrians, and the donkeys which carry about articles of consumption. Several of these wynds are lined with rich shops, especially the Goldsmiths' street, in which a good display is made of gold and silver chains and filagree work, for which the Genoese are celebrated. The manufactories of velvets likewise employ a good many of the inhabitants; the velvets are, however, inferior to those of Lyons. Gold articles are sold by the weight, a fixed price being added for the manufacture.

Most of the palaces are built around spacious courtyards: some of them are decorated externally with fresco-painting, especially those near the Piazza delle Fontane Amorose. The most remarkable are the Palazzi Durazzo, Pallavicini, Brignoli, and Serra, the latter containing a saloon, said to be the richest in Europe with respect to gilding. There are two Palazzi Durazzo; one is

now the royal palace, and formerly contained a rich collection of pictures, which I heard at my last visit had been for the most part transferred by the king to Turin. The celebrated picture of Paul Veronese, of the Magdalen and our Saviour in the house of the Pharisee, went with the others. A few, however, still remain, of which a crucifixion by Vandyck, a Carmelite friar by Spagnoletto, and a portrait by Rembrandt, are among the best. The palace Filippo Durazzo contains among its collection the Tribute Money, by Guercino, Grecian Charity, a Sibyl, and a sleeping Cupid, by Guido; some portraits by Vandyck, and Philip of Spain by Rubens. In the Brignoli are some fine family portraits by Vandyck, especially a Marquis Brignoli on horseback; Christ driving the buyers and sellers from the temple, by Guercino; the Madonna, Saviour, and St. John, by the same painter; as also a fine Cleopatra and the Assumption by Correggio.

The Doria palace fronts the harbour, and forms a prominent feature in the view from the sea; it is now, however, untenanted, and in a neglected state.

Compared with those of Rome and Venice, the churches of Genoa are not remarkable for exterior beauty or interior decoration. The best worth visiting are the cathedral, St. Annunciata, and St. Maria Carignano; from the summit of the latter there is a good view of the town, port, and of the sea. The Albergo dei Poveri, a workhouse on a

large scale, is a fine establishment. Visitors are admitted to see the various works in progress. The hospital Pammatone is an extensive building: the staircase and some of the wards are adorned with statues larger than life of some of the Genoese nobles, and others, who have been benefactors to the establishment. The wards are clean and airy, but the medical and surgical practice is still in a very primitive state; the government and administration opposing themselves to anything that has the appearance of innovation. In the hospital of the Incurables, two or three ill-ventilated wards were set apart for the insane. These poor creatures were never allowed to go out for exercise in the open air; the melancholic, the imbecile, and the furious patients were crowded together, the only difference being that the furious were kept chained to their beds and manacled, while the others were allowed to walk about the ward: no medical treatment, except occasional depletion, appeared to be adopted. At the time of my last visit, however, I was gratified to see that an extensive and commodious building was nearly completed for the reception of these patients. From the extensive façade six wings or corridors diverge, each containing twenty cells, and as the building is three stories high, there are altogether three hundred and twenty cells or rooms. There is also a central assembly-room, and a chapel where the greater part of the patients are to attend service. The staircase is furnished with iron wire

to the height of eight feet, to prevent any one from throwing himself over. The situation of the building is, however, somewhat low and marshy. Between each corridor on the ground-floor is a triangular piece of ground, where the quieter patients will be allowed to walk about.

Genoa and the numerous villas covering the hills around it, are seen to the greatest advantage from the entrance to the harbour. The view is superb, and second only to that of the bay of Naples. A good view of the city and harbour may also be enjoyed from the garden of the Villa Negri. In some of the arbours mirrors are placed so as to reflect the objects beneath, which produces a pleasing effect. The Genoese are mostly good-looking; several of the women are handsome and wear long veils, resembling the Spanish mantilla, fastened to their hair with gold or silver pins. I regretted, however, to see at my last visit that bonnets and French fashions had very generally superseded this becoming costume. The higher classes possess, for the most part, but little information, few being addicted to intellectual or literary pursuits, and appear to care for little else than the pleasures of the hour. If the Italian proverb is to be believed, the Genoese are not much to be depended upon; the reason why there are so few Jews at Genoa is said to be, that the Genoese are "*plus juifs que les juifs*," though, from what I have seen, I should say that they are not more dishonest than the inhabitants of some other parts of

Italy. As they are known to be dissatisfied with their political condition, a large garrison of Piemontese is maintained to occupy the fortifications; they appear, however, to enjoy a greater share of liberty than the inhabitants of Piemont. French and English publications may be obtained in the shops, which are prohibited at Nice, where the censorship exists in all its rigour, and travellers not unfrequently experience great difficulty in bringing their own books into the territory. There is but little society at Genoa, and no inducement for the majority of travellers to make a prolonged sojourn. The climate is one of the worst in Italy: there is often much rain in winter; the changes of temperature are great and sudden, the hills behind the town not being sufficiently high to shelter it from the north and east winds, which blow down with considerable force from the higher mountains. In the middle of February, when I was in Genoa, the weather was wet and cold, a sharp wind blew from the mountains, and the surrounding hills were covered with snow, while a few miles to the east the climate was totally different, no snow being visible, the sky clear, the sun shining, the country bearing the cheering aspect of summer, and while inhaling

"L'aere dolce che dal sol si rallegra,"

one might indeed feel oneself to be in Italy.

CHAPTER VIII.

Road to Lucca—Baths of Lucca—Pisa—Climate of Pisa —Leghorn — Florence — Societa della Misericordia— — The Florentines—Society—Hospitals and Medical Practice—Climate of Florence—Road to Rome.

BETWEEN Genoa and Chiavari, the scenery is of a character similar to that on the Savona side. At Recco the road passes through a grotto, whence there is a splendid view of the bay, encircled by mountains. Before arriving at Chiavari, you pass two other grottoes, cut through rocks of marble, within fifty yards of each other, the intermediate part being built up with masonry. Chiavari is a pretty town on the shore, beyond which the road passes inland, and crosses the Bracco, the highest pass of the Apeninnes, to Borghetto, a dirty miserable-looking place. Beyond this town you traverse a level country, and ascend the hill above Spezzia, whence the town, with its magnificent bay—one of the finest natural harbours in the world,

encircled by high mountains,—is seen expanded beneath, forming a *coup d'œil* rarely equalled in beauty. Leaving Spezzia, you are ferried across the Magra, (which after heavy rains frequently overflows its bed, so as to interrupt the communication,) enter Sazzana, the last town on the Genoese territory,* and traverse a corner of Tuscany, passing through Carrara, which is situate in a picturesque locality, amidst dark masses of mountain with snow-tipped summits, and celebrated for its marble quarries, which supply the studii of Rome and Florence with the *materiel* whence emanate those creations of the chisel which excite the admiration of the beholder. You arrive next at Massa, the environs of which, abounding in vines, oranges, olives, &c. form a complete garden, whence, after crossing a steep hill, you traverse a level and fertile plain, which extends to Lucca.

This town, enclosed by ramparts, doubtless merited the title of L'Industriosa. Its streets are clean, regularly built, and paved with flag-stones; they have now, however, a deserted appearance, the population not being in proportion to the size of the town. The Duke's palace is a handsome structure, elegantly fitted up with furniture of Lucchese manufacture, and contains some good pictures, especially a chef d'œuvre of Raphael—the Madonna and Infant—which amateurs of painting should not omit visiting. In the Dominican con-

* A courier diligence goes from Sazzana to Genoa in eighteen hours.

vent is another celebrated picture, the Assumption, by Fra Bartolomeo. The Lucchese are good-tempered, courteous to strangers, and are said to be a very moral people, compared with other parts of Italy.

The baths of Lucca are about fourteen miles from the town, and are much resorted to in the summer by the English; this being one of the coolest spots in Italy, and free from mosquitoes. They lie in a pleasant valley of the Apennines, on the little river Lima, and are divided into three parts. The Ponte Seraglio and the Bagni alla Villa are close to the river, about a mile distant from each other, and are connected by a good carriage road. The Bagni Caldi are situate on the hill overlooking the Ponte Seraglio, and this is the best situation for invalids, being cooler than the valley, where also considerable humidity often prevails at night. The springs rise from the hill, but beyond their high temperature do not possess any active medicinal properties. A course of the baths may be recommended in rheumatic affections, and some other disordered states of the health, but the place is principally frequented on account of its being a cool and agreeable summer retreat. The environs abound in delightful rides and walks sheltered by fine chestnut trees, where exercise may be taken at any time of the day. The season lasts from the middle of May till the end of August, at which period the weather is generally fine and settled.

The Duchy of Lucca is very fertile, producing abundance of corn and oil. It is pleasing to hear the peasantry

"Singing some national song by the way-side,"

while employed in the olive plantations. The people throughout this little territory are for the most part prosperous and cheerful.

Pisa is fourteen miles distant from Lucca, the road passing across a well-cultivated plain; at about half way you enter Tuscany, and on approaching Pisa, perceive from a distance its leaning tower and cathedral. The plain in which the town stands extends on the one side to the sea five miles westward, and on the other to Leghorn, which lies fourteen miles to the south. Pisa is in some measure sheltered on the north and north-east by a range of high hills, rising at a little distance from it. The Arno flows through the town, with a semicircular bend, dividing it into two unequal parts. The quays are handsome, the streets wide, clean, and, like those of most towns in Tuscany, are paved with flag-stones. The population, which amounted in former times, when Pisa was the capital of an independent state, to one hundred and fifty thousand, does not now exceed twenty thousand, which imparts to it a melancholy and deserted aspect. Pisa is the seat of an university; the number of students who matriculate amounting to about five hundred annually. The most interesting objects, viz. the leaning

tower, the cathedral, the baptistery, and Campo Santo, lie close together in the same square. The cathedral is a large edifice of black and white marble, and is one of the handsomest churches in Italy. The fine Gothic aisles and the richness of its interior will scarcely disappoint the traveller's expectations. The bas-reliefs on the bronze doors are admirably executed, and in very good preservation. The Campo Santo is a quadrangular space, enclosed between lofty and elegant arcades; part of the earth is said to have been brought from Jerusalem, whence the name of this cemetery. Beneath the arches are tombs, finely sculptured bassi-relievi, ancient sarcophagi, and other curiosities. The walls are painted over with frescos *à la Dante*, some of which are still in a good state of preservation. The Campo Santo produces a rich effect when seen by moonlight.

The leaning tower is an elegant circular structure, eight stories high, supported by numerous marble pillars, between which a winding staircase ascends to the top, whence may be obtained a good view of the town, and of the surrounding country as far as the sea. The tower is used as a belfry, and declines about thirteen feet from the perpendicular. There is little doubt that the declination depends upon the soil having given way after the foundation was laid.

The mineral springs of St. Giuliano, termed also the baths of Pisa, are not far from the town; they contain principally muriate and carbonate of

soda, (twenty-four grains to the pint, and have a temperature of 27 to 31 degrees Reaumur; but as they possess no particular advantages to induce English invalids to give them a preference over others which are more pleasantly situate, I need not enter into a description of them.

Pisa enjoys, next to Rome, the mildest and most equable winter climate in Italy. The air is less dry and sharp than that of Nice, but less soft than that of Rome. It is not so liable to great and sudden variations of temperature as Florence and Naples. Cold winds are, however, frequently severely felt, particularly in the earlier part of the spring. Sir J. Clark says that the quantity of rain which falls during the year at Pisa is nearly as great as in Cornwall. It must, however, be borne in mind, that as the rain falls in large quantities at a time, the weather is less variable, and long periods of fine weather intervene. The heat of the sun is at times very great in winter and spring, causing a difference of temperature of several degrees between the Lung' Arno and other parts of the town less sheltered from cold. The climate agrees well with the majority of consumptive patients. Persons predisposed to phthisis, and those suffering from laryngeal and bronchial affections, which simulate that disease, especially if young, generally derive permanent benefit from wintering at Pisa, two or three successive years if necessary; gouty and paralytic patients would likewise frequently derive benefit from the climate. Pisa

is, however, a dull residence, from its possessing none of the resources of a capital, its comparatively depopulated appearance, and also from the number of invalids there congregated. For those who require more amusement, and are able without danger to partake of it, Rome is preferable. Many, however, find Pisa agree better with them than the more relaxing climate of Rome. It suits well some asthmatic invalids, and others whose general health is deranged without the existence of any evident local disease, as is not unfrequently the case with those who have resided in unhealthy climates. The houses on the sunny side of the river are the most eligible for invalids.

The large bustling sea-port of Leghorn presents a forcible contrast with the tranquillity of Pisa. It possesses a spacious square, and several wide streets, some of them being intersected by canals as at Venice. There is a small English population, chiefly consisting of the families of merchants; few visitors remain long at Leghorn, except in September and October, during which months many repair thither from Florence or the baths of Lucca for sea-bathing. The town itself is exceedingly hot in the summer, and, from the sea-water marshes in its neighbourhood, is a good deal infested with mosquitoes. Travellers may proceed from Leghorn or Pisa to Rome (without going to Florence) by Poggibonsi, which is a few posts shorter. Steamers leave every few days for Civita Vecchia (a voyage of sixteen hours), Naples

(thirty-two hours), Genoa (twelve hours), and for Marseilles direct (about thirty hours).

Leaving Leghorn or Pisa for Florence, you traverse the richest part of Tuscany. Corn,grapes, and olives, are seen growing in the same field; the vines, being gracefully festooned from tree to tree, produce a beautiful and pleasing effect. The soil yields two and sometimes three crops in the year; the peasantry appear to be cheerful and contented; many of the women in the villages are engaged in the manufacture of the straw hats exported from Leghorn; though not remark ab for beauty, they are mostly good-looking, and their style of dress is not unlike that of the English peasantry.

Florence lies forty-five miles distant from Pisa, at the north-eastern extremity of the Val d'Arno, an extensive plain enclosed between the Apennines. It is a cheerful looking city encircled by a high wall, and contains upwards of eighty thousand inhabitants. The houses are lofty; several of the streets are narrow, but the principal ones are wide, clean, and paved with flag-stones. Though adding greatly to the appearance of a town, the width of the streets in warm climates is no recommendation, and they are generally built narrow in order to afford shelter from the sun's rays. The massive style of the architecture in most of the palaces which were built during the intestine wars, when " each house was a for-

talice," gives to the principal streets a grand and imposing appearance. The Arno flows through the city, and is crossed by four bridges. That of Santa Trinita is regarded as a model of lightness and architectural beauty. A handsome suspension bridge has likewise been erected by a company of Frenchmen, at either extremity of the town, within the last few years. Spacious and handsome quays adorn both sides of the river, which are termed, as at Pisa, the Lung 'Arno.

Florence possesses several fine squares. The Piazza del Granduca, with the imposing mass and the characteristic tower of the Palazzo Vecchio: the elegant structure termed the Loggia dei Lanzi, embellished with statues, among which the Perseus of Cellini will be particularly remarked; the fountain and colossal Neptune, together with the equestrian statue of the "Father of his country" Cosmo, present as an *ensemble* a novel and striking appearance. The square of the Duomo, or cathedral, is connected with that of the Granduca by a narrow street, which is constantly thronged with pedestrians. The cathedral is, after St. Peter's, the largest church in Italy; its façade, like that of most of the Florentine churches, is unfinished, and is disfigured with numerous holes, which served to fix the scaffolding at the time of its erection. The interior is extremely plain, and rather sombre. Close to the church stands the beautiful Campanile or belfry, built, like it, of black and

white marble. Its summit is the best point for viewing the town, the range of the Apennines, and course of the Arno through the plain.

" Monti superbi la cui fronte Alpina
Fa di se contra i venti argine e sponde,
Valli beate per cui d'onda in onda
L'Arno con passo signoril cammina."

In the same square is the Baptistery ; the finely executed bassi-relievi on its bronze doors are much admired. The most interesting, however, of the Florentine churches is the Santa Croce, which, though outwardly a plain-looking brick edifice, is internally of the finest style of Gothic architecture, and is well calculated to favour religious contemplation. The beautiful stained glass windows add greatly to the effect of the whole. In the side aisles are the tombs of some of the most celebrated men to whom Florence has given birth.

" Here repose
Angelo's, Alfieri s bones, and his
The starry Galileo with his woes,
Here Machiavelli's earth returned to whence it rose."

A handsome monument to the memory of Dante was a few years ago added to the number. The adjoining cloisters is the burial-place of several Florentine families. Of the other churches, Santa Annunciata with its cloisters, the Santa Maria Novella in the square of that name, and the San Spirito, where the music is very fine, are the best

worth visiting. The Capella dei Medici, containing the tombs of the Dukes of Tuscany, is the richest of the kind in Europe—it is of an octagonal form, and completely lined with variegated marbles inlaid with precious stones; but it is still unfinished, and many years must elapse before its completion.

The Corsini palace, the façade of which occupies a considerable space on the Lung 'Arno, is of a light and modern style of architecture, forming a strong contrast with some of the other Tuscan palaces. It contains a choice collection of pictures, among which will be particularly remarked four magnificent water-pieces, with shipping, by Salvator Rosa, two battles by the same great painter; the head of an old man, by Tintoretto; a small Teniers; the Judith and Holofernes of Allori; the Poesia and other pictures by Carlo Dolce, and Guido's Lucretia.

The Florentine gallery contains separate rooms for the productions of the Tuscan, German, Flemish, and French schools, in which are several superior pictures, though none of them, except the head of Medusa, by Leonardo da Vinci, are particularly striking, perhaps on account of the absorbing interest excited by the Tribune, which contains several of the choicest specimens of painting and sculpture in the world. The Venus first rivets the attention, and the Faun, Arrotino and Apollino subsequently come in for their share. Of the pictures, Titian's Venuses, St. John, and Pope Leo the Tenth, by Raphael, and Herodias with the head of John

the Baptist, will be more especially remarked, even among so many *chefs d'œuvre*. The hall of Baroccio, so termed from the large picture of the Madonna del Popolo, by this painter, contains, among other fine pictures, the Madonna Adolorata of Sasso Ferrata; Philip of Spain on horseback, by Velasquez; St. Clovis, a large picture, by Carlo Dolce. In this room may also be admired some of the finest specimens of the pietra dura manufacture, for which Florence is celebrated. The cabinet of gems is, after that at Dresden, the richest in Europe. That of the bronzes is likewise highly interesting. The gallery does not possess many good statues, except those in the hall of Niobe, some of the busts of the Roman emperors, and the wild boar in the vestibule.

The Palazzo Pitti, a heavy sombre-looking building externally, is the residence of the grand duke, who liberally allows visitors to see daily his rich collection, which contains but few ordinary pictures; some of the most striking are, two large landscapes by Salvator Rosa, and two by Rubens; Titian's Mistress; the Madonna and Infant by Murillo—one of his best pictures; another of the same subject, but inferior to the former; a head of Rembrandt, the Madonna della Seggiola, Julius the second, Leo the Tenth, and a Magdalen, by Raphael; the Conspiracy of Catiline, by Salvator Rosa; The Fates, by Michael Angelo; St. Peter, by Carlo Dolce; St. Sebastian, by Titian;

and Cleopatra, by Guido. Here may likewise be seen the Venus of Canova and several curiosities.

The museum of natural history is one of the best in Europe, and contains a large collection of anatomical wax models, coloured according to nature, exhibiting all the parts of the body, both conjointly and in detail, of the natural size; a separate room being allotted to each division of anatomy, as osteology, myology, &c., and one to the progressive developement of the embryo. The models are sufficiently correct for general purposes. The three celebrated wax representations of the plague, in small glass cases, are to be seen in an adjoining room.

Florence possesses four or five theatres. The opera, or Pergola, is a long ugly-looking building, the interior of which is decorated with taste and neatness. The orchestra is excellent, as in most Italian towns, but the singers are not of the first celebrity. First-rate operatic singing is not frequently heard in Italy, where the scale of remuneration is much lower than in London or Paris; and it is only *en passant* that a singer of great celebrity will vouchsafe to sing at any other town than Milan or Naples.

There are at Florence several societies for the encouragement of the arts, literature, and for charitable purposes; as the Academia de belli Arti, della Crusca, the Archæological Academy, the Magliabechian library, &c. The Societa della

Misericordia was instituted in the beginning of the fifteenth century, at the time of the great plague: the number of its members is seventy, two-thirds being high ecclesiastics and nobles, one-third consisting of the manufacturing and trading classes. Its object is to render assistance to the sick poor, for whom the members perform many kind offices, and supply them with the necessaries of which they may stand in need. The society also undertakes the burial of poor persons, and in cases of accident sends to the spot where assistance is required, to convey the person to the hospital, or to his own residence. The brethren meet in the building in the Piazza del Duomo, where their affairs are conducted by a committee, of which one or more members are always in attendance, to indicate to the assistants on duty the place where their services are required. The sick are carried in covered litters on the shoulders of the giornanti or assistants, who maintain a profound silence, and are clothed from head to foot in a black domino, in order to conceal the persons of those thus engaged. Ten, twelve, and often more assistants accompany each litter, and relieve each other in supporting the burden. There is a branch of this establishment at Pisa.

Another praiseworthy institution is that of the Buonuomini, of which Forsyth gives the following account, but which is not now in a flourishing condition. "A society of twenty gentlemen, called the Buonuomini di San Martino, has been for

four hundred years collecting and distributing alms among the poor, who are ashamed to beg. The rank of these philanthropists, and the objects of relief, induce the rich to contribute, and sometimes to bequeath, considerable supplies. All bequests are turned into cash, and the receipts of every year are distributed within the year to hundreds who are starving under a genteel appearance; decayed gentlemen, whose rank deters others from offering relief; ladies who live in garrets are ashamed of their poverty, and steal down to mass before daylight; industrious women, whom the failure of the silk manufactories leaves without resource; such are the objects to whom the Buonuomini go privately every week to visit and relieve. They are a kind of benevolent spies upon the domestic miseries of Florence, and accustomed to search out the retreats of suffering delicacy."

The upper class of Florentines are affable, fond of gaiety, not given to intellectual exertion, and do not associate much with the resident English. Their morality appears to have improved of late years; at least open cicisbeism is much less common than formerly.* The lower classes are gene-

* Sismondi says—"La contrainte où vivent les demoiselles, et la liberté illimitée dont jouissent les femmes, ont placé presque toujours, dans les habitudes du pays, l'amour après le mariage." . . . . "Il est entendu en Italie, qu'une fille sage, une fille prudente, doit accepter l'époux que ses parens lui presentent, fut-il également désagréable de caractère, d'ésprit, et de figure."

rally cheerful, industrious, and tolerably satisfied with their political condition, though their promises are not always to be depended upon. Strangers likewise complain that the tradespeople are tricky and sharp in their dealings. The government is

"Marriage being thus confessedly a mere arrangement of convenience where the parties perhaps meet for the first time at the celebration of the ceremony itself, we may readily imagine that the hope of happiness founded upon that mutual attachment which ought to be the basis of such an union—the spes animi credula mutui—is not a hope very fondly cherished by an Italian husband; and that "the cavaliere robs him of nothing that he is n quite content to spare."

"The same observation applies equally to the female. Aware how hopeless it is to think of marrying for love, she takes care to indemnify herself for the sacrifice of her feelings by looking out for a lover immediately after marriage. Supposing, indeed, that it were otherwise—supposing that the wife had the good fortune to be united to the object of her choice, still the probable infidelity of the latter would be enough to provoke retaliation. The spretæ injuria formæ, is not an offence to be overlooked by an Italian female, whose ardent temperament, equally susceptible of love or hatred, is depicted in her very looks; and of whom it has been happily said,

"Methinks the Furies with their snakes,
Or Venus with her zone, might gird her;
Of fiend and goddess she partakes,
And looks at once both love and murder."

Letter to Julia.

The Classic and Connoissseur in Italy, by the Rev. G. W. D Evans. London, 1835.

despotic, but prosperity and content appear to prevail throughout the duchy. Open robbery or murder is rare, and the punishment of death is very seldom had recourse to. The Duke is an amiable and intelligent man, and is generally popular among his subjects; his highness walks almost daily with some of his family on the public promenade at the Cascina, one of his farms, surrounded with pleasure-grounds, situate on the Arno, about a mile from the town, and the favourite resort of the inhabitants.

Florence presents more resources for amusement, and more advantages for the permanent residence of persons in health, than any other city in Italy; though at the present time it is much less agreeable in point of society than some years ago, when enlivened by the hospitalities and well-conducted amateur theatrical entertainments of Lords B. and N., Princes Borghese, Demidoff, &c. Balls and reunions frequently take place at the Pitti Palace, and at the Casino, to which those who have been presented to the Duke receive invitations. There is also one of the best circulating libraries and reading-rooms on the continent, where several of the principal London papers are received. Apartments and living are not so expensive as at Rome or Naples; several of the villas in the environs are let to strangers, and are preferable for a permanent residence, on account of the extreme heat within the city in the summer months. Besides the Cascina, there are

numerous agreeable walks and drives round the walls and in the neighbourhood. The Boboli gardens, behind the Pitti Palace, are likewise open to the public on stated days. The views from the highest part of the gardens, as also from the *Poggio Imperiale*,—a villa of the Duke's outside the Porta Romana,—are highly interesting, but the point whence the best view of Florence may be obtained is from the Bello Sguardo, a villa belonging to the Albizzi family, formerly the abode of Galileo, and situate on a hill opposite to Fiesole, which, placed between two of the Apennines, forms a striking feature in the scene. From the roof, the whole of the city is seen, with the Arno pursuing its course through the plain, which, with the surrounding hills, is thickly dotted with towns, villages, and villas, the whiteness of which forms a pleasing contrast with the verdure of the ground, the more dusky hue of the olive trees, and the clear blue of the sky.

An interesting excursion may be made to Fiesole, nearly four miles from Florence, which also commands extensive views of the Val d'Arno, and of the Apennines; and likewise to the monasteries of Vallombrosa and Camaldoli, the former of which was praised by Ariosto as being, in his time,

> "Ricca e bella, ne men religiosa
> E cortese a chiunque vi venia."

It lies about fourteen miles distant, in a wild

and secluded part of the Apennines, and still preserves its reputation for hospitality.*

There are at Florence two large hospitals and a foundling hospital, in which between two and three thousand infants are received annually. Scarcely any, however, are kept in the hospital, but are for the most part put out to nurse in the country. They are supported by the establishment for the first ten years, and after that period are otherwise provided for. The manner in which infants throughout Italy are swaddled up in cloths,—somewhat after the fashion of an Egyptian mummy, the head only being left to move freely,—is productive of distortion of the limbs and other bad consequences.

* "Whatever may be the merits or demerits of these monastic establishments, there is, it must be confessed, something very striking in their duration. Kingdoms and empires rise and fall around them--governments change —dynasties flourish and fade—manners and dress undergo continual alterations, and languages themselves die away and give place to new modes of speech. Enter the gates of Camaldoli or La Verna--the torrent of time stands still —you are carried back to the sixth or the tenth century—you see the manners and habits, and hear the language of those distant periods—you converse with another race of beings, unalterable in themselves, though placed among mortals, as if appointed to observe and record the vicissitudes from which they are exempt."—Eustace, as quoted by Evans, op. cit.

From their retreats, calmly contemplating
The changes of the earth, themselves unchanged.
Rogers.

The hospitals here, as in many other parts of the continent, are superintended by government, and patients are admitted on application, without any other recommendation than that of their requiring medical assistance. The Spedale Santa Maria Nuovo is a handsome building, containing eight hundred beds; the wards are clean, spacious, and well ventilated. The professional treatment of the sick is in general judicious, and somewhat similar to the practice followed in France. Among the town practitioners, the abstraction of small quantities of blood is very common, which has frequently the effect of debilitating the patients, without effectually checking the progress of inflammatory attacks. Aperients, tonics, and other substances which are considered irritating, are generally avoided.

The Spedale di Bonifazio contains about the same number of beds as the other hospital, and is divided into two parts: one for the insane, the other for persons afflicted with incurable diseases, and for military men.

The number of insane patients in this hospital is about three hundred. Small cells, having each a window with iron bars, and containing a bed, are placed on either side of passages about fifty feet long. Each patient has a cell to himself, but in the daytime they are allowed to walk about the passages and in the open courtyards! All are clothed alike in a white woollen dress. The greatest attention is paid to

cleanliness throughout the establishment; patients on their first arrival are isolated, in order that the peculiarities of their malady may be observed by the physician. When confinement of the hands is necessary, a wooden case (*manchot*) is used, into which both hands are placed, and confined by means of a strap passing round the waist. Furious patients are sometimes placed for a short time in a small darkened room well padded round the walls, the darkness and solitude being found to render them more tractable: moral measures are but little adopted in the treatment, though some of the patients are employed in mechanical occupations or gardening; the women in knitting, spinning, &c. The system formerly in use, of employing depleting measures every summer, is now discontinued.

In the Casa dei Poveri, founded by order of Napoleon, the poor are taught to work at various occupations, mendicity being prohibited in the streets, except to the maimed or blind, who present to the passers-by a small tin box, secured with a padlock, and with a slit in it; the money thus collected goes to a general fund. Those who from age or other causes are unable to work, are maintained by the establishment. Manufactures of cloth, carpeting, articles of clothing, &c., are carried on, which visitors are admitted to inspect.

The diseases which prevail most in Florence, are pleurisy, bronchial affections, and acute inflammation of the lungs, which carries off annually

a great number of the poorer people, and, from not being treated at the beginning with sufficient energy, frequently lays the foundation of consumption; rheumatism, gastric irritation, and diseases of the eyes, are also extremely prevalent.

In the summer months the heat is extremely oppressive in Florence; the glare from the whiteness of the houses and flag-pavement is exceedingly trying to the eyes, and, combined with the cold winds in spring, is doubtless the principal cause of the great prevalence of diseases of these organs. In winter the weather is much colder than at Rome or Pisa; the transitions of temperature are great and sudden, and rain frequently falls in torrents. According to the statements of Mondat, the following is the average proportion of rainy to fine days, from observations made during seven years.

Fine days in the year	160
Rainy days	110
Variable	95
	365

From eighteen to twenty inches is the average quantity of rain which falls in a year.*

The tramontane (which is analogous to the *vent de bise* of Provence) sweeping over the Apennines is sharp and piercing, while at the same time the heat of the sun is often inconveniently felt in some parts of the city. Thus in less than a minute the

* Topographie Médicale de Florence.

change from summer's heat to winter's cold may be experienced, rendering the inhabitants more susceptible to inflammatory attacks on the lungs and air-passages, than those living in a climate uniformly cold. The majority of Italians guard against these transitions of temperature by the constant practice of wearing large cloaks, without which they seldom stir out during five months of the year; foreigners, who are less cautious in this respect, frequently experience the bad effects of their negligence.

From the end of November to the middle of March, the climate of Florence is less adapted than any other in Italy to persons labouring under pulmonary, bronchial, or rheumatic complaints. It generally agrees with dyspeptic and nervous patients who seek mental recreation; and I have known it suit some patients with nervous asthma, better than any other Italian town. Such invalids should reside in that part of the city north of the Arno. The best situations are the Lung'Arno, the Piazzas Santa Trinita, Santa Maria Novella, and the adjacent streets. The Via de' Servi, and others in the neighbourhood of the cathedral, have some good houses; but this situation is colder. The best street on the southern side of the river is the Via Maggio, leading to the Porta Romana.

The weather in October and November is usually fine and warm. Invalids, on their way to winter at Rome, will frequently benefit more by remaining these months at Florence, than by pro-

ceeding at once to Rome. They should not return to Florence before April, at which period the weather is in general delightful.

The distance from Florence to Rome is about two hundred and twenty miles, which is traversed by the courier in thirty-six hours, but requires five days *en voiturier*. The country is pretty as far as Sienna, which, from its elevated position, is one of the coolest summer residences in Italy, and, like the baths of Lucca, it is free from mosquitoes, on which accounts some persons select it for their summer quarters. The town is well built, and contains about twenty thousand inhabitants; the society is said to be good, and the Italian language to be spoken in all its purity. Living is also very cheap at Sienna. The cathedral, built of white and black marble, is the only object calculated to arrest the attention of the passing traveller.

From Sienna the road is for the most part hilly, and has rather a *triste* appearance, especially about Radicofani, a wretched-looking town, perched on the summit of a bleak mountain, and the frontier of Tuscany. The hotel and custom-house are on the road below the town, and the accommodation is better than might be expected from the appearance of the place. Descending the mountain, you enter the papal dominions, and pass through Aquapendente, a dirty and comfortless town in a beautiful situation. You afterwards drive along the shore of the lake of Bolsena, where

the scenery is highly interesting; the country, however, is extremely unhealthy as far as Viterbo, a large walled town, abounding with monks and ecclesiastical seminaries, beyond which you pass through a dreary tract of country, which the malaria seems to have depopulated.

> "All sad, all silent! o'er the ear
> No sound of cheerful toil is swelling;
> Earth has no quickening spirit here,
> Nature no charm, and man no dwelling."

From the hills beyond Baccano you may discern the

> "Vast and wondrous dome
> To which Diana's marvel was a cell,"

together with the

> "Superba mola
> Che fe' Adriano all' onda Tiberina;"

and, after crossing the Tiber at the Ponte Molle, you enter the city by the Via Flaminia.

CHAPTER IX.

Rome—Churches and Picture Galleries—Society—Roman characteristics—Religious Ceremonies—Dr. W.'s Lectures.

THE symmetrical aspect of the Piazza del Popolo, its fine obelisk, fountains, and statues, with a church and handsome buildings on either side, together with the long vista of the Corso, rarely fail to impress strangers, on first entering Rome, with an idea of its magnificence. The relics of antiquity constantly met with, the obelisks and fountains with which it is embellished, and the meeting almost at every step members of the different religious orders, give Rome an appearance distinct from that of any other city; yet, as an *ensemble*, it cannot be termed handsome. It possesses only one good bridge, but few squares, and the streets are narrow, (though now much better paved and cleaner than formerly,) so that its palaces cannot be seen to advantage.

There are few cities where it would be so diffi-

cult to lose one's way; three of the principal streets, meeting in the Piazza del Popolo, front you on entering. The central one, or Corso, extends for more than a mile in a straight line, and leads to the Capitol and the Forum. The Via Babuino on the left, and the Via di Ripetti on the right, gradually diverging from the line of the Corso, lead, the one to the Piazza di Spagna the other to the river. From the Piazza di Spagna, a series of streets is continued almost in a straight line, cutting across the centre of the Corso to the Ponte St. Angelo, beyond which, and on the opposite side of the river, is the Piazza di S. Pietro. These are the most frequented streets, and the majority of strangers reside in the neighbourhood of the Piazza di Spagna.

The Piazza di S. Pietro is unique, and defies criticism. The massive and lofty pillars of its colonnades, ranged in a semicircle on either side, enclosing a vast area, in the centre of which are two splendid jets d'eau, and the finest obelisk in Europe, together with the façade and dome of St. Peter's, form a most striking and magnificent *coup d'œil.* The interior of the church is surpassingly grand; its size and the harmony of its proportions can only be properly appreciated after the several parts have been repeatedly viewed in detail—

"Vastness which grows, but grows to harmonize,
All musical in its immensities:

Rich marbles—richer paintings—shrines where flame
The lamps of gold; and haughty dome that vies
In air with earth's chief structures, though their frame
Sits on the firm-set ground."

There are, however, but few paintings, though the magnificent mosaics might easily be mistaken for paintings without a close inspection. The most remarkable are the raising St. Petronilla, the communion of St. Jerome, and the Transfiguration.

The Pantheon, now transformed into a church, is a noble remnant of antiquity, and in admirable preservation. It is of a circular form, having an aperture twenty-six feet in diameter in the roof. The interior is adorned with several elegant fluted marble pillars, between which altars are placed. The portico consists of sixteen circular granite pillars, each of which is a single piece, thirty-nine feet high, and fourteen feet in circumference, with an entablature and pediment of proportionate magnitude.

Among the other principal churches which the stranger will be gratified by repeatedly visiting, may be mentioned the St. Giovanni in Laterano, whence there is a good view of part of the Campagna, with the aqueducts, and Tivoli, and in the vaults of which is a chef d'œuvre of Bernini; the group of the Saviour dead, and supported on the lap of his mother; the Santa Maria Maggiore; the Santa Maria degli Angeli, formerly part of the baths of Dioclesian, several of the colossal granite pillars of which still support the roof; the

Jesuits' church, after St. Peter's the richest in Rome; the San Stephano Rotondo, formerly a temple of a circular form, and the S. Pietro in Vincoli, in which will be admired the figure of Moses seated, which is considered the chef d'œuvre of

"Quel ch' a par sculpe e colora
Michel piu che mortale, Angel divino."

The church of St. Paul, two miles from Rome, will, when completed, surpass all the others, St. Peter's excepted, in size and richness of decoration.

The Doria is one of the handsomest of the Roman palaces, and contains one of the richest galleries of pictures, among which the attention will be more especially attracted to the two celebrated Claudes, viz. the Molino, and the Sacrifice to Apollo; the Madonna by Sasso-Ferrata, the Flight into Egypt, the Assumption, and the Visitation, by Annibale Caracci; a Magdalen, by Murillo; Belisarius by Salvator Rosa, and Queen Joan of Naples by Leonardo da Vinci. In the Borghese palace will be particularly remarked Diana and her nymphs, by Domenichino; the Cumean sibyl, by the same painter; the Deposition from the Cross, by Raphael; the same subject, by Garofolo; four pictures of the Seasons, by Albano; and Cesar Borgia, by Raphael.

The Barbarini contains three of the best pictures in Rome, viz. the Cenci, by Guido; the Fornarina,

by Raphael, and a Female Slave, by Titian. Joseph and Potiphar's wife is also a fine picture. In the Sciarra palace will be especially noticed two small landscapes, by Claude; Moses, by Guido; Modesty and Vanity, by Leonardo da Vinci; Gamesters, by Caravaggio; the Magdalen *delle Radici*, by Guido; Landscapes, by Paul Brill; Beheading of St. John, by Valentin; Portrait of a Youth, by Raphael; Shepherds regarding a Skull on a Tomb, by Schidone. In the Quirinal, are Saul and David, by Guercino; the Ascension, by Vandyck, and the Annunciation by Guido, which forms the altar-piece of the pope's private chapel. The Rospigliosi also contains a few good pictures, but the principal attraction to this palace is the fine fresco painting on the ceiling of one of the apartments, Aurora, by Guido.

> "O mark again the coursers of the sun,
> At Guido's call their round of glory run;
> Again the rosy hours resume their flight,
> Obscured and lost in floods of golden light."
>
> ROGERS.

But perhaps the most interesting as well as the largest of all the private collections since the dispersion of Cardinal Fesch's, is that of the Corsini palace. The following are a few of the best pictures: several representations of the Madonna, by Carlo Maratta, three heads of the Saviour by Carlo Dolce, Guido, and Guercino; the latter is the most esteemed; Madonna and Infant, by Cara-

vaggio; Herodias with the head of St. John, by Guido; a large Murillo, the Madonna and Child, one of the finest productions of this painter; a splendid Landscape, by Poussin; Sleeping Cupid, by Guido; an Interior, with cattle, by Teniers; Prometheus bound, by Salvator Rosa; a water-piece, by the same, and a similar subject by Vernet.

In the Palazzo Spada is shown the statue of Pompey, said to be the same at the base of which "great Cæsar fell." Here likewise are, a fine picture representing the death of Dido, by Guercino; Paul III. by Titian; Cardinal Spada by Guido, and a Head of Seneca by Salvator Rosa. In the courtyard is an admirable perspective, from which the plan of the great staircase of the Vatican is said to have been taken.

The Palazzo Colonna contains the handsomest saloon in Rome, and some good pictures, as do also several other palaces mentioned in the guide-books, where will be found detailed accounts of the different galleries, of which I have only mentioned a few of the most striking pieces. In the garden of the Colonna lies an immense fragment of an entablature, supposed to have been part of the Temple of the Sun. Here also are some of the ruins of the baths of Constantine.

The pictures in the Vatican are few in number, but all choice ones. Among them may be particularized the large picture of the Transfiguration by Raphael, considered his *chef d'œuvre;* the

communion of St. Jerome, by Domenichino, second only to the former, and placed opposite to it. These pictures are seen to great advantage from the outer rooms, by looking through the door-way, the light being thus more strongly concentrated upon them. In the same room is the Madonna di Foligno. In the adjoining rooms, the Martyrdom of St. Peter, by Guido; St. Sabastian, by Titian; the Saviour with the globe at his feet, by Correggio, and Cows, by Paul Potter.

The walls and ceiling of the Stanza di Raffaelle are covered with the celebrated fresco-paintings of this great master, the description of which, with those of the Loggia or open galleries, would go far to fill a volume. Among the statues, the first objects naturally sought for, are the Apollo Belvedere, and the Laocoon, which one can never tire of beholding; the latter especially has a fine appearance by torchlight. They are judiciously placed by themselves in separate cabinets, as are also the Antinous and Meleager. The celebrated Torso immediately at the top of the staircase produces a fine effect, seen through the long vista of the gallery. In the hall of the Nile, the statues of Minerva, Esculapius, Demosthenes, and the large group of the Nile, will be more particularly remarked. Some of the figures and colossal masks in this hall are also seen to the greatest advantage by torchlight. In other parts of this immense edifice, which may be repeatedly visited with interest, are the museums of the Egyptian and

Etruscan antiquities; the richly decorated hall of the library, the Sistine chapel, containing the celebrated fresco of the Last Judgment, by Michel Angelo, the Mosaic manufactory, &c., which have been repeatedly described by travellers, but of which no description can convey an accurate idea.

"I peregrini marmi in varie forme sculti
Pitture e getti, e tant' altro lavoro,
Mostran che non bastaro a tante mole,
Di venti re insieme le ricchezze sole."

ARIOSTO.

"Go, and insatiate o'er and o'er
Th' exhaustless Vatican explore;
Thro' labyrinthine courts pursue,
Thro' galleries lengthening on the view,
Hall after hall, dome after dome,
Treasuries of Egypt, Greece, and Rome,
Where all above, around, beneath,
The marble generations breathe,
And plundered tombs their wrecks supply,
To line the walls with imag'ry;
And golden roofs their radiance throw
O'er rich mosaics spread below,
And fountains in perpetual play
Temper with sparkling show'rs the day."

SOTHEBY.

In the rich collection of the Capitol will be more particularly noticed, on the ground-floor, the bas-reliefs on the sarcophagus of Severus; in the centre of the first room, on ascending, the celebrated gladiator—

" Whose manly brow
Consents to death, but conquers agony;"

with several other fine statues. Among those in the adjoining apartments, the most remarkable are the Faun, in rosso-antico; the Centaurs in nero-antico; Caius Marius, a Prefica, or hired mourner; the colossal Hercules, in bronze gilt; and the busts of the emperors, senators, and philosophers of ancient Rome, especially those of Augustus, Caligula, Galba, Virgil, Socrates. The Venus of the Capitol is one of the finest and best preserved pieces of ancient sculpture, preferred by some to the Venus de Medicis. It is kept in a separate cabinet, and only opened on special application.

Among the best pictures in the collection of the Capitol may be enumerated, a Cumean sibyl, by Domenichino, (inferior to that in the Borghese); another sibyl, by Guercino; Romulus and Remus discovered with the wolf, by Rubens; Marriage of St. Catherine, by Correggio; the Resurrection of St. Petronilla, an immense picture, by Guercino; and the Europa, by Paul Veronese.

One of the best points for viewing Rome is from the tower of the Capitol, whence on the one side is seen the modern city with St. Peter's, and on the other, lying immediately beneath, the ruins of ancient Rome—

" Partout confusement dans la poussière epars
Les thermes, les palais, les tombeaux des Césars,"

with the stupendous mass of the Coliseum pre-eminently conspicuous above the rest.

"Around the wrecks of Rome
The Coliseum lifts its brow sublime;
And looking down on all that moves below,
O'er all the restless range,
Where war and violence have worked their change,
Tow'rs motionless, and wide around it throws
The shadow of its strength—its own sublime repose." *

Beyond the ruins lies the "weary waste" of the Campagna, intersected by the remains of aqueducts—

"Arches on arches, range by range, extending"

towards the Latian hills, on which are seen the towns of Frascati and Tivoli, the whole forming a prospect unequalled for variety and interest.

The other points whence the most advantageous views of the city and its environs are obtained, are the dome of St. Peter's, or the Monte Mario, which, though less extensive, is perhaps the most interesting, as St. Peter's itself forms a prominent object in the view; the roof of the Doria Pamphili villa, (the spacious grounds of which are one of the pleasantest walking places,) and from the fountain Paolina, in the same direction, but within the walls. On the opposite side, a fine view, particularly of the Campagna, its aqueducts and ruins, may be enjoyed by ascending to the roof of the

* Sotheby's Italy.

Villa Patrizi, outside the Porta Pia, and likewise from that of the villa on the aqueduct to the left of St. Giovanni in Laterano. The Pincian hill, which is the fashionable afternoon promenade, and the only spot where, during the prevalence of the sirocco, a little fresh air can be breathed, is also one of the most favourable points for viewing Rome and St. Peter's, which when seen at sunset has a magnificent appearance. From this hill Claude Lorraine was in the habit of watching the sinking sun making his "golden set,"

> "Not as in northern climes obscurely bright,
> But one unclouded blaze of living light,"

and the varied tints produced in "the bright tract of his fiery car," which few besides himself have been able to represent with such fidelity, and without appearing to exaggerate.

Of the various villas near Rome, the Borghese and Albani require especial mention. The beautiful grounds of the former, close to the Porta del Popolo, shaded by the ilex and by lofty maritime pines, are the most usual resort of equestrians and pedestrians, who may there enjoy either society or seclusion. The house itself is almost uninhabitable on account of the prevalence of the malaria in the summer and autumn. It contains, perhaps, the most magnificent private collection of statues extant, which is especially remarkable for its symmetrical arrangement, there being corresponding objects on either side of each apartment. On

entering the great hall, the attention will be particularly attracted to the alto-relievo in the centre, of Curtius on horseback throwing himself into the gulf; the colossal statues and busts on each side, and the old mosaic pavements. The saloon of the Hercules is likewise extremely interesting, being filled with the statues of the demi-god, and bas-reliefs illustrative of his history. But the principal saloon surpasses everything else in the richness of its treasures, and the symmetry with which they are disposed. The series of porphyry busts of the emperors, ranged along three sides of the apartment, add greatly to the effect. In the rooms on the first floor are the group Apollo and Daphne by Bernini, and the Venus Vincitrice of Canova, for which the Princess Pauline Borghese sat as a model.

The Villa Albani likewise contains a rich collection of statues, and is adorned with rich marbles, frescos, and mosaics. The alto-relievo of Antinous, the Apollo, and small Hercules of Glycon in bronze, will be particularly remarked.

No place offers more resource for amusement and mental recreation for a few months than Rome, whether the visitor be interested in the innumerable works of art which fill its galleries and studii, or whether he prefer strolling among the remnants of fallen grandeur. If fond of walking, whichever way he directs his steps, some object of interest will be found; if of riding, few localities are better adapted to this exercise than the environs of the

city. There is not, however, as much resource for those who delight in reading as at Florence, where no obstacle is offered to the introduction of books, while at Rome those which bear upon politics or religion, or which are considered as tending to spread too liberal ideas, are prohibited, and a severe censorship is exercised over the newspapers. General society is upon an easy footing at Rome, and is very accessible to persons properly introduced, though the Romans do not receive English visitors at their own houses, unless specially known to them; they have, however, numerous reunions among themselves, to which those of the English who have introductions to them, particularly if they be Catholics, are invited. The houses of some of the ambassadors, especially the Austrian and French, are liberally open on stated evenings to all who are presented, and during the last two seasons were thronged with English, who, however, congregated in the greatest numbers at the Duchess Torlonia's, whose decease will be lamented by all to whom she was known. Though upwards of eighty years of age, she appeared little more than sixty, being perfectly upright, exceedingly active, and doing the fatiguing honours to her visitors with much grace and dignity.

The Romans are more sedate, reserved, and dignified in their demeanour than the rest of the Italians, and form a strong contrast in this respect with their neighbours the Neapolitans. They cultivate the fine arts less than the Tuscans, and

are but little addicted to literary, scientific, or intellectual pursuits; most of the upper classes being content with a monotonous daily round of existence, their drive along the corso in the afternoon, and reunion in the evening, varied by a visit to the opera. In fact, they are habitually inclined to indolence, to which they are further predisposed by their climate, and having no stimulus or motive to exertion; as Eustace, who was a Catholic clergyman, justly observed, "In a free country mental improvement brings with it its own reward, oftentimes rank and fortune. It is both necessary and fashionable, and cannot be dispensed with by any individual who means to attain or keep a place in society. In a despotic government these motives are wanting; the drudgery necessary for the acquisition of information is rewarded only by the consciousness of intellectual superiority, an advantage of too little weight in countries where mental attainments are too much undervalued to attract attention or excite envy. Hence, after having passed through the ordinary course of college education, or loitered away a few years with a private tutor, the noble youth of the continent, if not employed in the army, sink into domestic indolence, and fritter away life in the endless frivolities of town society."

The middle class likewise bear themselves more independently, and are less tricky, than the people in some other parts of Italy. Many of the shopkeepers and tradespeople appear to care little

about being employed, and will frequently not put themselves out of the way to serve a customer, or abate anything of the price they have first asked, even though it be much more than the article is worth. The majority of the lower orders and the peasantry are remarkable for their personal beauty, which, however, in females soon fades, and they are apt to become very stout after five or six-and-twenty. The Trasteverini, who regard themselves as the descendants of the ancient Romans, are a particularly fine-looking race, haughty and somewhat sullen in their demeanour, intermarrying among themselves, associating little more than is necessary with others, and, though ignorant and superstitious, they are for the most part moral in their domestic relations. In fact, there is less evident immorality in Rome than perhaps any other city Cicisbeism is comparatively rare, and the open profession of it is abolished in the higher ranks, ladies being seen as frequently escorted by their husbands as in France; and notwithstanding what has been said by some recent travellers who, passing rapidly through the country, appear to have taken their ideas of the people from the writings of Forsyth, Lady Morgan, and other authors of a quarter of a century ago, nothing would now be seen in geral society calculated to shock *les bienséances* any more than in the salons of Paris or London, for at the present day it may truly be said of the higher classes in most capitals, as far as the superficies is concerned, that

" Society is smoothed to that excess,
And manners differ hardly more than dress."

Street murders and robberies are likewise much more rare than formerly; when attempts at assassination do occur, they are mostly confined to the inferior classes, and originate in private quarrels, or from jealousy.

As may be expected, the members of the different ecclesiastical bodies, from the prelate to the mendicant friar, form a large proportion of the population, and their appearance in the streets, or in the religious ceremonies, clad in the same costumes as were seen centuries ago, constitutes a feature peculiar to Rome. Many of the clergy are exceedingly well informed, and several among them are persons of great learning and attainments. As a body they are zealous, and no doubt are chiefly instrumental in preventing the appearance of open immorality so common in large cities, though on public occasions, and at the church ceremonies, there certainly seems to be frequently more straining after effect than a disposition to encourage religious contemplation or fervour of worship. Some individuals also, who wear the clerical dress previous to their taking priests' orders, (which they may afterwards decline doing,) by their manner and conduct tend to discredit the clergy in the opinion of strangers. Of these persons Eustace observes, " The traveller must not confound with the clergy a set of men who wear the clerical

habit merely as a convenient dress that enables them to appear respectably in public places, to insinuate themselves into good company, and sometimes to cover principles and conduct very opposite to the virtues implied by such a habit. The intrigues and vices of these adventurers have been too often attributed by hasty and ignorant persons to the body whose uniform they presume to wear, with just as much reason as the deceptions of swindlers might be ascribed to the gentlemen whose names they bear."

Be this as it may, there is little doubt that a large proportion of the spectators, and the majority of foreigners, attend the splendid church ceremonies merely as a spectacle; nor is it easy for Protestants to reconcile them with their ideas of religion. Except upon these occasions, the churches are not very fully attended, and the bulk of the congregations is usually composed of women and persons of the lower class; and groups of men and boys may be heard of an evening in the streets, beneath an image of the Virgin, constantly repeating in a monotonous chant, and in chorus, the words "*Maria santissima! ora pro nobis*, without any addition for a couple of hundred times, one person generally taking the lead.

It is not my purpose to enter into the consideration of the political or religious state of Rome; I shall therefore merely briefly allude here to the acknowledged desire and attempts of a part of the priesthood to make converts to Catholicism, which are said to have been very successful, espe-

cially among the more impressionable sex, who need not be surprised if they should occasionally receive civilities in churches or other public places from gentlemanly clerical individuals, with a view to a closer acquaintance. A celebrated preacher (the Rev. Dr. W.) announced last year his intention of giving, during the season of Lent, a series of discourses on the grounds of faith of the Catholic religion, and on the difference between it and other churches, which, as might be anticipated, drew together a large auditory of English, both Catholics and Protestants; but, among the latter, the disappointment was pretty general; and, with respect to myself, I may say, that I never attended any lectures where there were so few tangible points, or so little of which the memory could lay hold. Scarcely a scriptural quotation, in support of the argument, if argument there were, but numerous references to traditions, the acts of councils, and the writings of some of the fathers of the church, the names of whom were in all probability previously unknown to a large portion of the auditory, with whom such authority would have but little weight.

Having dwelt upon the direct succession of the Catholic church from the apostles, the lecturer, in one of his discourses, alluded to the greater security and chances of salvation of those within its pale, than might be expected by others adopting the opinions of the reformers, or, as he termed them, the schismatics who had seceded from it, and who were divided into different sects. In order,

however, to maintain his position with regard to the greater probability of salvation, the lecturer should have been able to show that the Catholic religion, at the time of the Reformation, was the religion of the heart, attended with the simplicity of worship and abnegation of selfish feelings practised and inculcated by our Saviour and the apostles. The mere suggestion, however, of adopting a religion from a similar motive, and not from conviction, is anything but a proof of its superiority, and indicates the disposition of appealing to the passion of fear, to which the clergy owe much of their influence, and which is certainly a predominating element in many of the supplications and penitential practices performed with the selfish view of acquiring future reward, or avoiding future punishment, and which are but little calculated to raise the soul heavenward by high or ennobling aspirations.

The lecturer scarcely alluded to the leading differences between the Catholic and Protestant churches, alleging at the termination of the series, as a sort of excuse, the extent of the subject, and the impossibility of treating it properly in a few discourses; but offered to enlighten any of his auditory upon particular points, if they would apply to him individually. No doubt of it. It is, in fact, not very likely that those who might have been induced to accept his invitation, would be able to cope in argument with one of the most talented of the order of Jesuits; but either it was the

intention of the lecturer to consider these points in his public discourses, or it was not. If it were not, the announcement should not have been made; and if it were, most persons would think that there was ample time for their consideration in six discourses of an hour and a half each.

The Pope is a hale-looking person of about seventy years of age, and is tolerably popular. His holiness receives with urbanity those strangers who desire to be presented to him. Few sights can exceed in magnificence that of his being carried in his state-chair into St. Peter's, on the occasion when he performs high mass, preceded and followed by a long string of cardinals and prelates, attended by the *guardia nobile*, and by his Swiss guards in their picturesque costume; the people kneeling to receive his blessing as he passes.

The benediction from the balcony of the church, on Christmas and Easter days, of the people assembled in the square, the number of whom generally exceeds one hundred thousand, all kneeling in the open air, has likewise a particularly fine effect, and is performed by the pontiff in a very dignified manner. Of the other sights at Easter, those best worth attending are the illumination of the façade and dome of St. Peter's, which is unique in its way, the whole being lighted up in the space of a few seconds, and the girandola or display of fire-works from the castle of St. Angelo. The rest, with the exception of the *miserere*, are scarcely

worth the trouble and crushing which must necessarily be undergone.

As Rome has little commerce, and no manufactures, except those of mosaics, cameos, and other objects of taste, a great portion of the inhabitants mainly depend upon the influx of strangers for the season, which is as universally calculated upon as at a watering-place; and during the two or three years when the dread of cholera deterred the floating English population from resorting to Italy, the distress of the lower classes, and the number of failures among the tradespeople, were very great. Without its climate, antiquities, and works of art, which are the chief inducements for strangers to select it as a temporary residence, Rome would soon lose a large portion of its population, as house-rent and taxes are high compared with other parts of Italy.

CHAPTER X.

Prevalent Diseases— Hospitals and medical practice of Rome—Malaria—Climate of Romé, and complaints to which it is suited.

LITERATURE and science are at a low ebb in the Roman states, where, from the little encouragement met with, there exists no inducement for their cultivation. Comparatively few books are published, as there no security of copyright in Italy, and a valuable work may be printed in any of the other states, and sold at a low price, without the author's being able to obtain redress or compensation. Medicine and surgery are also in a very backward state, compared with most parts of Europe. Some idea may be formed of the chances which surgical students have of acquiring information, from the circumstance of their being prohibited from entering the female wards of the hospital, even during the visit of the surgeon, who makes his round attended merely by three or four dressers. Some of the hospitals are richly en-

dowed, and, though somewhat improved of late years, are still in a state of great neglect. The largest of them, the St. Spirito, for the reception of patients of the male sex, contains about fourteen hundred beds; the number which are occupied varies very much according to the season, being much smaller in winter and spring than in summer and autumn, when the intermittent and malaria fevers are prevalent. The principal wards are lofty, but badly ventilated, in consequence of the windows being placed near the ceiling, and the patients are often crowded too closely together, the beds being arranged in double and triple rows in the wards, the foot of one bed touching the head of another. The floors and bed furniture are also not the most clean, and a stranger, on entering, not unfrequently feels oppressed by the close air. The clinical wards, which contain the most interesting cases for the instruction of the pupils, on the first floor, are cleaner and better aired. Consumptive patients are kept separate from the others, from an apprehension of the contagiousness of the disease. Adjoining the St. Spirito is the hospital for the insane, consisting of two buildings, one for each sex. Each is of a square form, enclosing a courtyard, in which the patients walk about in the daytime, there being no other place for exercise. The number of beds amounts to about four hundred, which are nearly all occupied. In some parts are seen fixed to the walls chains or iron rings, which formerly served to restrain the furious

patients. Some occupy isolated cells, but many sleep in small but clean wards on the first floor. There is no division of the varieties of insanity, but all are mixed indiscriminately together. The strait waistcoat is the usual means of restraint, and the treatment consists chiefly in occasional bleeding, and in warm, cold, and douche baths.

The Spedale St. Giacomo is situate on the Corso, and is appropriated to surgical diseases and to operations. It contains three hundred and fifty beds; the men's wards on the ground-floor are close and often dirty, the beds being ranged, as at St. Spirito, in double or triple rows; the women's wards, on the first floor, are more airy and clean. The mortality after operations and accidents is great.

Inflammation of the lungs is prevalent in winter and spring, though less so than at Florence and Naples. Bronchial affections, rheumatism, and diseases of the eyes, are also less common. Gastric irritation and visceral *engorgement* are of frequent occurrence, especially in the warm months. Consumption is not frequent, unless when it ensues upon neglected inflammation. Sudden death, called by the Italians *accidente*, frequently occurs, to which the stillness of the air, the indolent mode of life, and the habit of eating suppers on returning from the theatre or from soirées, no doubt predispose. Nervous affections are also very general, especially the morbid sensibility of the olfactory nerves, with respect to flowers and perfumes,

which sometimes exists in such a high degree as to occasion convulsive attacks. This peculiar antipathy to perfumes is likewise met with in some other Italian cities, and English residents who have become acclimated are also liable to be affected in a similar manner. Intermittent and other fevers are endemic in the summer and autumn, at which periods the hospitals are crowded with patients from the country, and as bark is the principal remedy employed to combat the disease, the consumption of this medicine is enormous. The insalubrity of the seasons is in a direct ratio to the heat, and to the quantity of rain that has fallen; but since the improved drainage of the Pontine marshes, these fevers have diminished in frequency and severity. One of the most common exciting causes, according to Sir J. Clark, is exposure to currents of cold air, or chills in damp places, after the body has been heated by exercise; irregularity of diet, poorness of living, or, in fact, any circumstances which tend to depress the powers of the system, may act as predisposing causes. Thus strangers resorting to Rome are much less liable to be affected the first year of their residence than in the subsequent years, when the body has become relaxed and enervated by the influence of the climate. The wearing of flannel is a good precautionary measure. There is no doubt that malaria frequently remains for some time latent in the constitution, giving rise at a future period to various diseases which are seldom attributed to it.

Neuralgic complaints may often be traced to this cause, as may likewise some paralytic and other affections, as well as intermittent fevers, which frequently do not appear while persons are under the excitement of travelling, but subsequently, perhaps after an interval of several months from the time that the person was exposed to the influence of this poisonous agent. Dr. J. Johnson, who, from his long residence in India, is one of the persons best calculated to give an opinion on this subject, says in his "Change of Air," "It is the attribute, the character of all malarious disorders to be slow in their developement, when the poison is inhaled in a dilute state, or only for a short time. Many of our soldiers did not feel the effects of the Walcheren malaria till months or even years after that fatal expedition. So our countrymen in India often go on for years in tolerable health, after exposure to malaria, before the noxious agent shows itself in the disturbance of certain functions of the body. The same thing is seen even in England, though on a smaller scale; those who inhabit marshy or damp situations become affected sooner or later with some of the Proteiform maladies engendered by malaria, though they are seldom understood unless they take on an aguish character."

Dr. Johnson agrees with others who have investigated the nature of this noxious agent, when he says, "It rises from the soil with the watery exhalations of day, and falls with the dews of night. It appears to be in mechanical mixture

with the air, not in chemical solution. Being heavier than the atmosphere, it gravitates to the surface in still weather, and when carried along with the winds, it does not appear to rise very high or extend very far, except in such a state of dilution as to be nearly harmless, (there are, however, exceptions to this.) Thus a current of air coming from a malarious ground is strained as it were by passing through a wood or grove of trees; a portion of elevated ground or a high wall will often arrest its progress. Hence the suburbs of Rome are more exposed to malaria than the city, and the open streets and squares more than the narrow lanes in the centre of the metropolis. The low, crowded, and abominably filthy quarter of the Jews on the banks of the Tiber may probably owe its acknowledged freedom from the fatal malaria to its sheltered site and dense population."

The climate of Rome is milder, and the winter shorter and less severe, than in other parts of Italy. The air is soft, but at times oppressive, and is very apt to cause depression of spirits in healthy persons. Its mean winter temperature, according to Sir J. Clark, is 10° higher than London, 7° higher than Pau, 1° higher than Nice. In spring it is 9° above London, 3° above Pau, 1° above Nice, 1° colder than Naples, and 4° below Madeira. Sir James states also that, with respect to steadiness of temperature from day to day, Rome precedes Naples and Pau, but comes after Nice and Pisa; that a third more rain falls than at Nice, but it is

considerably drier than at Pisa. A frequent cause, however, of dampness at Rome is the stagnation of the air, and the exhalation from the earth after sunset, of which foreigners are sometimes very sensible. The difference in the temperature of the air is also very marked, within the short space of half an hour at this time of the day; consequently strangers, but especially invalids, should always be provided with an extra garment to put on when out of doors. From the tables appended to Sir J. Clark's work, it appears that more rain falls throughout the year in Rome than in London; the mean quantity being 31 inches in the former, and 24 in the latter: the number of days on which rain falls in London on an average throughout the year is 178, while at Rome it is only 117; but it must be borne in mind that small quantities at a time, or showers, are very common in England, while at Rome the rain more frequently falls violently and at particular seasons, leaving a longer interval of fine weather. About the same quantity of rain falls at Florence as at Rome, though from the comparative stillness of the Roman atmosphere, and from that of Florence being frequently agitated by winds, the climate of the latter city is not oppressive like that of Rome, which not unfrequently disposes to melancholy and to nervous affections after a prolonged residence, but more especially during the prevalence of the sirocco wind, which, however, agrees very well with the majority of the Romans, and with many invalids. The tramontana sometimes pre-

vails during several days in succession, and affects persons prejudicially so much the more easily from the previous mildness and relaxing quality of the air. Many strangers who expose themselves to its influence without being clothed, especially if driving against it in an open carriage, or on horseback, experience the bad effect of their negligence: delicate invalids should, on these occasions, confine themselves to the house, or only go out in a close carriage. Both valetudinarians and people in health should likewise take proper precautions against the great and sudden transitions of temperature, which are invariably experienced in going from the open air, when the sun is shining, into the cold picture and statue galleries or churches. I may mention, as a proof of the great difference of temperature to which persons frequently subject themselves, that of two thermometers placed in a window at the same time, the one on the sunny side exhibited 91° Fahrenheit, while the mercury of that in the shade stood only at 45°.

Dr. Johnson justly observes in his work already quoted, "The very circumstance which forms the charm, the attraction, the theme of praise in the Italian climate, is that which renders it dangerous because deceitful, viz. the long intervals of fine weather between vicissitudes of great magnitude. This is the bane of Italy, whose brilliant suns and balmy zephyrs flatter only to betray. They first enervate the constitution, and when the body is

ripe for the impression of the tramontana, that ruthless blast descends from the mountains on its hapless victims."

We cannot, however, wonder that so many of our countrymen, who do not see the dark side of the question, should allow themselves to be captivated by the bright skies of Italy, and the delightful temperature of a large proportion of the winter days, when it may be truly said that

> "Ein sanfter wind von blauen Himmel weht,"

and, as somebody has elsewhere said, one feels mere existence to be a pleasure, or, as the poet has expressed it—

> "Simply to feel that we breathe, that we live,
> Is worth the best joys that life elsewhere can give,"

on comparing them with the fogs, humidity, and variable weather of their native land; and there is no question that persons in health may, by taking due precautions against the transitions of temperature, derive all the advantage and gratification afforded by the climate during the winter months, without danger of their health being prejudicially affected; but that, on the other hand, a long residence in Italy, (especially at Rome,) or even returning thither during several successive winters, does, in many cases, materially impair the health,—frequently without the cause being suspected,—or, at all events, enervates the constitution, thus diminishing the vigour of the body and the energy of the mind.

The relaxation and oppression of spirits produced by the stillness of the atmosphere, especially during the prevalence of the sirocco, may generally be removed in some degree by a canter on horseback; the person thus carried rapidly through the air, without active exertion, being in much the same condition as if he were himself stationary, and the air agitated by winds. Many people, after two or three months' residence at Rome, feel themselves relaxed and out of health; this indisposition may generally be removed by an excursion for a fortnight or three weeks to Naples or Florence.

On the whole, Rome may be considered as the best residence in Italy for patients labouring under consumption, though in the advanced stages little benefit can be expected; and since the climates of the continent have been better understood by the profession in England, the number of those who are sent out while labouring under irremediable disease is much less than formerly; and comparatively few invalids now resort to Rome, the great majority of the English being composed of families, and travellers for pleasure. In the tendency to consumption, and in the early stage of this disease, much advantage may, however, be frequently derived from wintering at Rome, for two or three successive years; but persons similarly circumstanced should not, in general, remain throughout the summer in Italy. In some cases Pisa agrees better than Rome, in others Nice,

especially when the complaint is of a scrofulous origin, and the patient is of a torpid or phlegmatic temperament, marked by a slow, languid circulation. Whereas in the opposite condition, which is characterized by a florid complexion, accelerated circulation and respiration, Pisa or Rome would be preferable. In some bronchial and laryngeal diseases, which are not unfrequently mistaken for disease of the lungs, and which, in fact, frequently superinduce diseases of these organs, the climate of Rome will produce permanently beneficial effects, and will often contribute materially to their removal. Those cases marked by a tendency to inflammatory action, or accompanied with much local irritability, are in general the best adapted for Rome; while those more chronic forms, especially in old people, and attended with free expectoration of mucus, will often derive more benefit from Nice or Naples; though they would do well to remove from these localities in the spring. Many dyspeptic, rheumatic, and gouty invalids, especially if of an irritable habit, will likewise derive benefit from passing the winter at Rome, or between Florence, Rome, and Naples. Rome generally agrees well with elderly people, and many attain there a great age. It does not in general suit patients with neuralgic or nervous affections; neither would a prolonged residence be advisable for those liable to cerebral congestion.

The treatment of disease inclines somewhat to

that, which was prevalent in France some years ago ; small bleedings are considered by many of the local practitioners as an almost universal panacea. In fact, a great proportion of the surgeons are little else than mere phlebotomists, and are but little calculated to treat either medical or surgical diseases. The physician is usually called in to prescribe for the constitutional disorder induced by surgical disease or by accidents ; the part of the surgeon being limited to local applications or bandages. Tonics or exciting remedies (among which are reckoned aperients) are in general avoided, though in the malaria fevers large quantities of bark are given with advantage : sedative remedies, as prussic acid, henbane, &c., are not unfrequently exhibited, but the treatment of acute disease is principally of the expectant kind. It must be borne in mind, however, that the active medication employed in England would not be well supported by the Italians, or by those English who have long resided in Italy ; but for those who have not been long enough to have become acclimated. I have not found it necessary to make any material alteration in the treatment of acute disease ; or that such persons are much more susceptible to the action of remedies than they would be in England.

CHAPTER XI.

Road to Naples by Terracina—Hospitals—Prevalent diseases and medical practice—Establishment for the Insane at Aversa—Environs of Naples—The Neapolitans—Climate of Naples—Mineral Springs.

THE most frequented road to Naples traverses the dreary and depopulated campagna, here and there intersected by long lines of aqueducts, as far as Albano, which, from its elevated position, enjoys a better air, and is frequently resorted to by the Romans in the summer months. From the hill is a good distant view of Rome and of the desert around. The country between Albano and Aricia is picturesque; but beyond Velletri the road descends upon the Pontine marshes, through which it is carried in a straight line for twenty-five miles, and a great part of the way along the bank of the canal, into which the water from the marshes is drained. For this distance not a habitation is to be seen except the half-way post-house, and scarcely a living being,

> "Save the herdsman and his herd,
> Savage alike,"

and perhaps an occasional wayfarer on the road. The marshes are bounded on the left by the chain of Apennines, on the acclivities of which lie two or three towns, formerly the resort of banditti. In front, the Circean Promontory is seen from a considerable distance. Terracina is situate on the shore, at the base of a bold and precipitous rock, washed by the sea; and where the marshes terminate. It was also formerly celebrated in the annals of *brigandage*, but those days are gone, and travelling is now as safe in Italy as in other civilized states of Europe, the governments having pretty effectually put a stop to the system of highway robbery, as it was formerly methodically pursued; and when anything of the kind now takes place, the idea and plan generally arise *à l'improviste* among some of the peasantry, or idlers in the towns, if they think a favourable opportunity presents itself. As, however, a reward and pardon are generally offered to any who will give up their accomplices into the hands of justice, the perpetrators are almost always discovered.

The couriers, and the diligences in the Roman states, as also in Modena and some parts of Northern Italy, are, however, still escorted by dragoons, one riding on either side.

The appearance of the few people seen along the Pontine marshes, at the post-stations, as also of those of the neighbouring towns, seems to me to be much less unhealthy than when I first

passed ten years ago: in fact, I had previously heard at Rome that the malaria had not been so destructive of late years since the improved drainage, by which many parts which were formerly marshy can now be cultivated.

Shortly after leaving Terracina, you enter the Neapolitan territory, and pass through the miserable towns of Fondi, where you are detained for a short time by the custom-house—and Itri, where a great part of the inhabitants, covered with ragged cloaks, stand scowling in the streets, and looking as if they regretted the *bon vieux temps*, when their ancestors were enabled to raise forced contributions with comparative impunity. Between the latter town and Mola di Gaeta, the scenery is highly interesting. From Mola, which stands on the sea-shore, a delightful view may be enjoyed, including, in clear weather, Vesuvius—

> "Che fa col foco
> Chiara la notte, il dì' di fumo oscuro,"

which may be seen across the bay. Hence to Naples the country is level and extremely fertile, being termed the Campagna Felice. You pass through Capua, which, whatever might have been its attractions in the days of Hannibal, (whose soldiers, we are told, were so captivated thereby that they passed many months in slothful luxury) certainly does not at present offer any very strong inducements for a temporary sojourn. After passing through a long suburb, you enter Naples, and

drive along the Strada Toledo, to the quarter where strangers most do congregate.

Naples is second only to Paris in the amount of its population; the crowded and bustling aspect of its streets, which contrasts strongly with the tranquillity of Rome. The author of a popular work gives the following account of the street population. "The noise of Naples is enough to drive a nervous man mad. It would be difficult to imagine the eternal bustle and worry of the streets; the people bawling and roaring at each other in all directions; beggars soliciting your charity with one hand, while with the other they pick your pocket of your handkerchief; the carriages cutting their way through the crowd, with which the streets are thronged, with a fearful rapidity. It requires the patience of Job to carry on any dealings with the people, who are a most unconscionable set. Every bargain is a battle, and it seems to be an established rule to ask on all occasions three times as much as is just."*

The city is seen to great advantage from the water; the line of white buildings extending for miles along the shore, and rising one above another on the acclivity of the hill, the summit of which is crowned with the castle of St. Elmo; the islands of Capri, Ischia, and Procida in the bay, with Cape Misenum on one side; Vesuvius and the coast of Sorrento on the other, are generally

* Diary of an Invalid.

acknowledged to form one of the finest prospects in Europe. Most of the houses are lofty, and the streets narrow, of which the inhabitants experience the advantage in hot weather. With the exception of the Largo del Castello, in which are the palace and the theatre of St. Carlos; and of the space in front of the handsome new church, St. Giovanni e Paulo, built after the design of the Pantheon; there are no spacious squares or places. The parts fronting the bay, where strangers mostly reside, are the Santa Lucia, Chiatamone, Chaija, and Strada Vittoria. The public garden of the Villa Reale extends along the Chiaja between the houses and the sea, and is prettily laid out with shrubs and parterres of flowers, among which several serpentine shady walks, of which, however, there is a great deficiency at Naples. The Castel del Uovo stands on a rock, which is only connected with the land by a drawbridge, between the Chiaja and the port. The mole always presents an animated appearance, both from the movement among the shipping, and also from the number of idlers there assembled, listening to an improvisatore or a reciter of Ariosto, or laughing at the antics of Punch, their love for whom, which used to form a national characteristic, has however somewhat declined of late years.

Of the above-mentioned situations, the Santa Lucia is the least eligible for invalids, on account of its being more exposed to cold winds, which

several of the houses are but ill calculated to exclude.

The number of churches at Naples, remarkable for beauty of architecture or richness of interior decoration, is small, compared with Rome or Venice. Those best worth visiting are the St. Giovanni e Paulo, the Santa Maria Maggiore, and the San Martino, which is extremely rich in paintings and precious marbles. It stands on the hill close to the castle of St. Elmo; from the balcony of the adjoining convent an enchanting prospect is displayed to the view—

"Earth one bright garden, one bright lake the sea."

The flat roofs of the houses, seen from this position, present a curious and novel aspect. Naples possesses within itself fewer objects of general interest than any other Italian capital. The interior of the royal palace, which contains some good pictures, may be viewed by special permission, for which one or two dollars must be paid; but the most interesting public establishment, to which repeated visits may be made with satisfaction, is the Museo Borbonico, which almost equals the Vatican in the richness of its collection of statues, and contains besides a picture gallery; the fresco paintings, mosaics, gold and silver ornaments, domestic utensils, Etruscan vases, &c., discovered in the excavations of Pompeii and Herculaneum. The process of deciphering the rolls of papyrus is extremely curious, and has of late made great pro-

gress. Among the most celebrated statues may be mentioned those of Marcus Balbus, father and son, on horseback, found in Herculaneum; Aggripina seated; several busts of gods and Roman emperors; a colossal Flora, Homer, Aristides—the latter also discovered in Herculaneum; and one of the finest specimens of the Grecian chisel extant—the Venus Callypige; the magnificent group of the Toro Farnese; the Hercules of Glycon, found in Caracalla's baths; and a large statue of our Saviour on the cross by Michael Angelo. The cabinets of antique bronzes, of gems, the Etruscan antiquities, and vases, will also afford gratification for many an hour. In the picture gallery will be especially remarked, Leo the Tenth between two cardinals, by Raphael; a landscape by Claude; the Guardian Angel, by Domenichino; Titian's Danae; a child sleeping near a skull, by Guido.

Several splendid pictures are likewise contained in the Prince of Salerno's collection on the ground floor: among which, the Descent from the Cross, by Guercino; a Madonna, by Tasso Ferrato; Daniel in the Lions' Den, by Salvator Rosa; two fine large landscapes by the same painter; two magnificent Claudes (especially the one with water and a temple); a large picture of the Madonna and Child being crowned with Angels, by Guido, will more especially rivet the attention.

The Albergo dei Poveri is a fine establishment, containing a population of six thousand souls,

paupers and orphans. The men and boys on one side, the women and girls on the other, are employed in various avocations; as tailors, shoemakers, manufactories of linen and cloth, pins, type-foundry, &c. A chapel and an infirmary for the sick form part of the establishment.

There are at Naples four or five large hospitals. The principal one, the Incurabile, stands in the centre of the city in an elevated position, and contains about fourteen hundred beds: the wards are of considerable length and breadth, clean, and tolerably well ventilated. As at the other Italian hospitals, patients are admitted on application, and are attended by *sœurs de la charité*, and subordinate male and female attendants. There are likewise rooms set apart for patients above the condition of paupers, who pay from four to six carlini per day. The medical officers connected with the hospitals receive fixed salaries, and give lectures to the students on medicine, surgery, and diseases of the eye. Consumptive patients are treated in wards separate from the rest. No particular exclusive theory is followed in the treatment of disease, different practitioners having different methods; but small bleedings, frequently repeated, are very general, as in other parts of Italy; and numerous sign-boards may be seen in the streets, at the barber-surgeons, representing the figure of a man with blood flowing in a full stream from the arms, legs, and neck. Stimulating, tonic, and laxative medicines are not fre-

quently exhibited, but sedatives are more com monly used.

The most prevalent diseases are inflammation of the lungs and air-passages, consumption, rheumatic, gastric, and nervous fevers, and diseases of the eyes. A neat hospital, containing two hundred beds, was established on the Chiaja, in 1818, for blind patients, who are taught reading, geography, &c., by the touch. Professor Quadri, who is the superintendent of this establishment, invited me to attend a concert of instrumental music performed by an orchestra of about thirty of the inmates. Some of the best pieces of Rossini and other great composers were played with very good effect. The royal establishment for insane patients at Aversa (the second stage from Naples on the road to Rome) is one of the largest and perhaps the best regulated in Italy. There are three separate buildings: the principal one, for men, formerly a convent, stands a little distance from the road, and has a neat façade; the windows being secured by iron work, which however is formed and painted so as to represent flowers, &c., which prevents the appearance of its being a place of confinement. The building encloses two court-yards, where the patients are allowed to walk about. All are dressed alike, rise at the same hours, assemble at chapel, and at meals, by beat of drum. I was present with Dr. Vulpes, the director, at dinner-time, when all the patients assemble without distinction, excepting only a

few of the furious ones, who require to be isolated. Two plates and a *couvert*—napkin, knife, fork, and spoon—are placed opposite each individual; the knives being chained to the table, so that they could not be used for any other purpose than that of cutting the food. At the first beat of the drum, all repair without bustle or irregularity to the dining-room, and each patient takes his place, but does not sit down till the second signal. This orderly method of proceeding is found to have a very beneficial effect, and it is seldom that any of the patients become *emportés* when assembled together. If a tendency to anything of the kind appears, the individual is ordered to quit the table, which being considered in the light of a punishment, tends materially to prevent its occurrence.

The cells originally occupied by the monks, and ranged on either side of long corridors, are converted into sleeping rooms, each containing three or four beds. Every patient who pays from twelve to eighteen ducats a month is allowed a cell to himself, and the quality of his food is better than that of the poor patients who are supported by the government. At one end of the passage is a small chamber, containing several beds for furious patients, furnished with wooden cases, padded with leather, in which the legs are placed, though none of them were occupied at the time of my visit; the strait waistcoat being more generally employed as a means of repression. There are

also a dark room and a surprise-bath, but these measures are now scarcely ever had recourse to. At the opposite extremity of the principal corridor is a large assembly or conversation room, furnished with a piano and other musical instruments, though from their appearance I should say they were but little used.

Patients on their arrival are placed in a chamber of observation, before seeing any of the others, in order that the nature of their alienation may be ascertained. Medicines are but little given, except in cases of high cerebral excitement, when leeches, baths, emetics, and laxatives, are the remedies most generally employed. The most common causes of insanity in this part of Italy are domestic chagrins, poverty, religious enthusiasm (the latter especially among women); the cases produced by the stronger emotions or passions, as love, jealousy, &c., are comparatively rare, notwithstanding these causes have been said to be very influential in southern climes.

Mental alienation is stated in some statistical tables to be much less common in Italy than in France, England, or Scotland, being frequent in proportion as countries are more advanced in civilization. Thus Turkey, Egypt, and Russia contain very few insane, while the number is great in France and England. In northern Italy, where the people are less given to indolence, and better informed, the number of those afflicted with mental alienation is nearly double to what it is in the south.

The environs of Naples can scarcely be surpassed in scenic beauty and interesting associations, whether you muse o'er Virgil's tomb, explore the stupendous grotto of Pausilipo, the ruins of Pozzuoli, the lake Avernus, the classic shores of Baiæ and Misenum—

" Where Cesars deigned with revellers reside ;"

whether you sail to the islands of Ischia, Procida, and Capri, or along the coast to Castellamare, and to the orange groves of Sorrento; or whether, proceeding over fields of lava, you wander about the streets of Pompeii, the city of the dead, where—

" Radiant porticos appear,
Halls that painted columns rear,
Courts where central fountains played,
Galleries that the noon-sun shade ;
Here, Isis' mystic fane, and there
Each marble structur'd theatre!
What though no roof the radiant courts enclose,
Fantastic figures, beaming from below,
Along the rich mosaic brightly glow ;
All that from Raphael's fairy pencil flows,
In graceful arabesques the walls adorn,
Wing'd nymphs that float in air, and wind the wreathed horn."

SOTHEBY'S ITALY.

The ascent of Vesuvius is practicable on mules for about a mile further than the hermitage. As this is a work of difficulty and labour, it should not be attempted by invalids, who, if desirous of

ascending, should be carried up in a *chaise à porteur*. The last eruption has very much altered the aspect of the mountain. You have now to ascend to the summit over hardened lava, instead of through ashes and scoriæ, as was the case when I formerly went up about five years ago. The form of the crater is likewise so much changed as to be no longer recognizable by those who had seen it in its former state. There is now no central crater, but the whole forms a regular funnel-shaped descent, with here and there several large fissures, through which sulphurous smoke and flame issue. The panorama of the city, the bay, its shores and islands, the chain of mountains, with Pompeii, which appears to lie immediately beneath, is one of the finest in the universe.

The Neapolitans have more vivacity than the Romans. Most of the upper classes have but little general information, and, like those of Genoa, seem to care for little else than the enjoyment of the passing hour. Eustace, speaking of them, (though his account would be somewhat overcharged if written at the present day, when the appearance of open immorality is much less common, and when the exceptions are more numerous,) attributes the dissoluteness of manners to the enervating influence of the climate, the absence of moral principle, the facility of obtaining absolution, the formation of marriages from motives of *convenance*, the absolute nature of the government, which, by restricting the whole power in the so-

vereign and in the ministers, deprives the nobility of motives for exertion or employment. "Hence," says he, "without motive for exertion, they allow the nobler faculties of the soul, which have no object to engross them, to slumber in lethargic indolence; while the sexual appetites, whose indulgence is always within reach, are in full activity, and engross all their time and attention. Hence their days are spent in visits, gaming, and intrigue, and their minds are confined to the incident of the hour, the petty cabals of the court, and the vicissitudes of their own circle. They are never called to the country by the management of their estates, which they leave entirely in the hands of stewards; they live in the capital, forgetting themselves and their duties in an uninterrupted vortex of dissipation, and have neither opportunity, nor perhaps inclination, to harbour serious reflection. Idleness, therefore, is the curse and misfortune of the Neapolitans, and indeed of all foreign nobility. It is the bane which in despotic governments enfeebles the powers and blots out all the virtues of the human mind. To it we may boldly attribute the spirit of intrigue which at Naples so often defiles the purity of the marriage bed, and dries up the very source of domestic happiness."

Among the middle classes information is more diffused, and literature and science are more cultivated. The state of medicine and surgery is higher than at Rome, and fully equal to that of Northern Italy. Most of the shopkeepers and

lower classes are covetous and overreaching, and the stranger will require to look pretty sharp in his dealings with them, so that the account from the "Diary of an Invalid," which I introduced a few pages back, holds equally good at the present day in this respect, and also as regards the picking of pockets. The lower orders are, however, mostly good humoured, and quick at repartee, though passionate and disinclined for more exertion than is sufficient to enable them to exist from day to day; and nowhere is the "*far niente*" better exemplified, both in the higher and lower ranks, than in the Neapolitan states. The lazzaroni as a body may be said to exist no longer, though hundreds of raggamuffins may be seen about the streets idling, begging, or attending upon the hackney carriages, which cannot be engaged without one or more perched up behind. Many of them are exceedingly well formed, muscular, and are able to go through a great deal of hard labour.

The climate of Naples, though perhaps the driest in Italy, is at times exceedingly changeable with respect to variations of temperature, which are often great, frequent, and sudden. Cutting winds sometimes prevail with severity, especially in spring; that part of the city inhabited by strangers, termed the Sta. Lucia is particularly exposed to their influence, while at the same time the sun has frequently great power, and renders invalids extremely susceptible: persons, therefore, with diseases of the lungs and air-passages or

rheumatism, should not remain at Naples in February and March. During November, December, and frequently the greater part of January, the weather is usually fine and mild. The climate does not in general disagree with dyspeptic and nervous patients, unless there be a high degree of excitability; and those whose general health is disordered without any existing disease, may usually pass the winter very well at Naples. The climate is generally found to be too exciting for gouty patients of an irritable or plethoric habit. The sirocco is more severely felt than elsewhere in Italy, and, by its relaxing and paralysing influence, frequently renders persons incapable, during its prevalence, of either mental or bodily exertion. After the month of April the heat in the middle of the day is so great that scarcely anybody is to be seen in the streets, most of the Neapolitans being engaged in taking their siesta, in order to be able to appear in the evening. According to Dr. Cox, who has just published a small work on the medical topography of Naples, the weather during April, May, and June, is delightful. Few persons, however, would be disposed to remain later than the beginning of May.

There are two mineral springs rising from a dirty part of the beach opposite Sta. Lucia, which are a good deal used for drinking, both by the higher and lower classes, in the summer, a string of carriages being frequently seen waiting, while the water is

* Hints to invalids about to visit Naples, &c.

handed in turn to their occupants. The springs are both cool: one of them has a slight sulphurous impregnation; the sulphuretted hydrogen, however, speedily escapes after the water has been drawn from the spring, and the saline substance is in very minute quantity: the other, or Aqua Ferrata, is, as its name implies, a chalybeate spring. It has not an unpleasant taste, but the saline and ferruginous impregnation is very slight. Each pint contains about seven cubic inches of carbonic acid gas. It may be useful in some forms of dyspepsia from debility of stomach, and as a refreshing drink in summer, though its medicinal properties would be but inefficient in most cases where tonics are required.*

* It was my intention to have added an account of the mineral springs of Castellamare and Ischia; but as they possess no advantages over others which are more accessible to English invalids, and in situations better adapted for a summer residence, north of the Alps, I may dispense with giving a description of them, particularly as the work of Dr. Cox, just referred to, is chiefly appropriated to them and to other mineral springs in this part of the country. To it, therefore, I beg to refer those desirous of information on this subject.—May 1841.

CHAPTER XII.

Via Latina—Abbey of Monte Casino—From Rome to Florence by Perugia — The Apennines —Bologna — Parma—Congregazione della Caritá.

On leaving Naples to return to Rome, the traveller who has already passed by Terracina and the Pontine marshes, will be gratified by taking the route through Caserta—visiting its palace and modern aqueduct *en passant*—to Capua. The fine amphitheatre stands by the road-side, three miles from the town, and though larger than those of Verona or Nismes, is not nearly in such good preservation, a great part of the outer circle being in ruins. Like the Coliseum, it is constructed of large blocks of travertino, without the use of either mortar or cement, their mere weight being sufficient to keep them together. A little beyond Capua, the road to Rome by St. Germano, the ancient Via Latina, branches off to the right from that by Terracina, and is thirty miles shorter. The country

is likewise more beautiful and interesting, and on approaching St. Germano is highly picturesque. This town lies at the base of a rocky pinnacle, crowned by a ruined castle, and at the extremity of a fertile plain enclosed by mountains. High up on the mountain, immediately behind it, stands the celebrated Benedictine Abbey of Monte Casino, which forms a striking feature in the distant view, and which is a principal inducement for travellers to take this route. You ascend by a steep and stony road, (in many parts cut into steps, and only practicable for pedestrians and mules,) through immense detached masses of bluish rock with which the side of the mountain is covered, and between which grow tufts of long rank grass, forming a chaotic and indescribably curious scene. It requires an hour's good walking to reach the Abbey, and few scenes can compare with that which is exhibited from the platform. The desolateness and the wild sublimity of the mountains, grouped together in a variety of forms, and enclosing, as in a frame, the plain and town of St. Germano, will leave a lasting impression on the mind. The Abbey is a splendid quadrilateral edifice, its several parts being built round five spacious courtyards; the cells are neatly fitted up; several of the monks are allowed two cells, a bed-room and a sitting-room. There is a collection of pictures, and the library is large, and contains many valuable published works and manuscripts. The church is richly endowed, and

is resplendent with paintings and precious marbles. It contains also some fine specimens of carved wood-work. The number of monks amounts to about forty, and there is a seminary of eighty boys and young men, who are educated for the priesthood. Travellers are boarded and lodged for a few days; some remain for several weeks as inmates of the Abbey. Ladies are permitted to see the church, but, as in other monasteries, are not permitted to enter the rest of the building—

> "Lest haply seen a form too fair,
> Immingle with the hermit's prayer,
> And downward draw his heaven-cast eye
> To earthly angel passing by."

The view, however, from the summit of the mountain is alone sufficient to repay the trouble of the ascent. A minute description of the Abbey, and of the objects of interest along the Via Latina, is given in Starke's Guide Book.

On leaving St. Germano you drive through a beautiful but thinly-populated country, where scarcely a house is to be seen, except the half-way inn at Melfi. Before arriving at Ceprano, the frontier town of the Roman states, the traveller passes beneath the ancient fortress of Rocca D'Arce, on the summit of a rocky mountain, and afterwards through the old towns of Frosinone and Ferrentino, with narrow dirty streets and a scowling, brigand-looking, pauper population. From Ferrentino to Valmontone the country is flat, deserted

and uncultivated, though the environs of Valmontone are interesting.

After leaving this town you have to drive across twenty-five miles of the Campagna before arriving at the entrance to Rome by the Porta Maggiore, which having been recently cleared of the stones and rubbish by which it was encumbered, is now the finest gate of the city.

Those who have leisure and inclination may, by going a little out of the road, explore the ancient Volscian cities, Arpino and Arquino, the Isola di Sora, and the Pelasgic fortress of Alatri.

The road from Rome to Florence by Perugia, branches off to the right beyond Baccano, and is much more interesting than that by Sienna, the country being diversified with hill and dale, woods and cultivated lands. The towns and villages are cleaner, better built, and there is an air of greater neatness and comfort among the people than elsewhere in the Papal territories. Nepi and Civita Castellana are placed on the edge of deep ravines, the precipitous sides of which are thickly clothed with trees and bushwood, and seen from a distance have a striking and picturesque appearance. The position of Narni is also very fine; lying on the edge of a rocky dell, and crowning a commanding eminence, at the base of which flows the Nar, (across which are seen the remains of the immense bridge built by Augustus,) it overlooks an extensive plain, surrounded by mountains, at the opposite eztremity of which stands Terni, which is a

neat well-built town, in a delightful situation. The celebrated cascade, formed by the Velino, is about five miles distant, and is surrounded by scenery of the most interesting kind.

Between Terni and Perugia the country is for the most part agreeable and hilly. You cross the mountain la Somma, and descend to Spoleto, near which a fine aqueduct stands by the road-side, and where the roads from Florence and from the Adriatic meet. Perugia is a large town of great antiquity, standing on a steep hill, but presents little to attract the notice of the passing traveller. The principal square contains two or three fine edifices, but the population is small, and the streets have a melancholy and deserted appearance. Descending from Perugia, you shortly reach the classic shore of Thrasimene, and a few miles farther on pass beneath the hill on which stands the ancient city of Cortona, now a large dilapidated-looking town, and shortly after arrive at Arezzo, the birth-place of Petrarch, a neat town paved with flag-stones, and possessing a handsome cathedral. Between Arezzo and Florence the road passes through a pretty country, following the windings of the Arno between cultivated and well-wooded hills.

On leaving Florence for Bologna you pass by the handsome Porta St. Gallo, immediately begin to ascend the "Alpestri Apennini," and shortly afterwards enjoy a delightful view of the Val d'Arno, and the city "girt by her theatre of hills."

During a succession of ascents and descents, the road presents many fine views of mountain scenery. The prospect from le Maschere, of a valley encircled by mountains, grouped together in picturesque forms, is strikingly fine; as is also the view of the stern and rugged mountains near Covigliajo. At Loiano you again enter the states of the church, and from a hill above the town may enjoy a view of the plains of Lombardy, bounded on the north by the chain of Alps, and of the two seas.

> " D'Italia quanto il Po ne irriga, e quanto
> L'Apennin, l'Alpe, e d'Adria il mar ne serra."

More wooden crosses will be seen on the road-side between Florence and Bologna, than in any other part of Italy. They must not, however, always be regarded as " memorials frail of murderous wrath," but indicate the spot where any accident attended with loss of life has occurred. Shortly after leaving Loiano, you descend to the plain, and arrive at Bologna, situate at its southern extremity.

This city has a population of about seventy thousand souls; the streets are clean, and are lined with arcades on which the houses are built. The principal square, containing the old Palace, the church of St. Petronio, (the patron saint of the town,) and other public buildings, with a fountain in its centre, embellished with a statue of Neptune, has a striking and antique appearance.

The two leaning towers are ugly square piles of brick, standing close together, and inclining towards each other. Asinelli's tower is upwards of three hundred feet high; a fine prospect may be enjoyed from its summit. It declines four feet from the perpendicular. The other tower is about half as high, and has a declination of eight feet. Bologna possesses a large and handsome theatre, and the *corps dramatique* is generally very good. The collection of pictures though small is select, and contains several *chefs d'œuvre*, among which may be mentioned, as more particularly deserving attention, the Crucifixion, by Jacopo di Bologna; St. Bruno, by Guercino; the Conversion of St. Paul, by Ludovico Caracci; the Madonna della Pieta, and the Masacre of the Innocents, by Guido; the St. Cecilia of Raphael, and the Madonna del Rosario, by Domenichino. The Zampieri and one or two other palaces also contain a few good pictures.

The University, which in former times was crowded with students from almost all the countries in Europe, is now but thinly attended. Its having fallen off of late years is partly to be ascribed to political circumstances, and also that foreign students are not admitted unless they be of the Catholic religion. The number consequently does not exceed five hundred. Among the celebrated men who studied at Bologna, may be enumerated Valsalva, Malphigi, and Galvani. The building contains a good library, museums of hu-

man, comparative, and pathological anatomy, and of natural history. In the former is a collection of wax models of healthy and diseased structure, of the natural size. Those specimens which illustrate the Pellagra, and the Morbus Ceruleus are exceedingly well executed. Bologna ranks high among the Italian schools of Medicine. There are two hospitals: the Santa Vita contains two hundred beds, and is appropriated for the reception of acute diseases and accidents. The wards are clean, but are too spacious and lofty to admit of their being properly warmed in winter. Tomassini was formerly professor of Clinical medicine: his method of treatment by contra-stimulants is still a good deal practised. The most prevalent diseases of Bologna are inflammatory and intermittent fevers, inflammations of the lungs and air-passages, and rheumatism. Pellagra is not uncommon in the neighbourhood of Bologna, less so, however than in the Milanese.

The Spedale St. Orsola contains four hundred beds, and receives patients affected with chronic and incurable diseases. There is likewise a department for the insane, the number of which amounts to one hundred and seventy. They are badly lodged in long corridors, where the air is vitiated, their cells being provided with no other furniture than a bed, and those who have been long inmates are only allowed straw to lie upon. In the daytime they have nothing else to do than to walk about the corridors, as there is no garden for

outdoor exercise. No methodical treatment appears to be employed—tepid baths and douches, and occasional bleeding, are the remedial means most generally in use.

The inhabitants of Bologna, and, indeed, all those of Romagna, are more vivacious, restless, and irritable, than the rest of the subjects of his Holiness, and not unfrequently give the government considerable trouble by their political tendencies, notwithstanding they enjoy some special privileges distinct from the Romans. The character given them by one of their poets—

> " Il Bolognese e un popol del demonio,
> Che non si puo frenar con alcun freno,"*

might apply to some of them in the present day. The Bolognese are not dependent on the state of the weather for walking exercise, for, besides the arcades in the streets, a portico, consisting of six hundred and forty arches, extends from the town to the church of the Madonna della Guardia, which stands at one of the Lower Apennines, three miles distant from the city. This has been constructed by means of contributions from rich individuals, and from the associations of the professional, trading, and other classes of the community. From the principal arcade another branches off, leading to the Campo Santo, an extremely well-arranged and interesting establishment for burying the dead, commenced some years ago. It is

* Tassoni, Secchia Rapita.

about a mile distant from the town, and consists of several areas of grounds planted with trees and shrubs, and enclosed between elegant colonnades, lined with handsome tombs, statues, and marble monuments. There are likewise long-covered passages and vaults beneath the pavement, with spaces partitioned off for interment, as in the catacombs. Among the monuments will be remarked one erected to the memory of the female professor of Greek, the last of the female professors who taught in the University.

Bologna possesses no inducement for the prolonged sojourn of strangers. There is but little society beyond an occasional soirée, as a large proportion of the upper classes pass their evenings at the theatre. The climate is bad, from the situation of the town on the northern side of the Apennines, the weather being frequently damp and cold.

After quitting Bologna, you enter the fertile Duchy of Modena; at the frontiers of which, travellers are frequently a good deal inconvenienced by the custom-house people. The town of Modena is handsome, and chiefly consists of a single wide street, whence a few streets branch off on either side. The palace contains some good pictures, which may be visited *en passant*. The peasantry and lower classes in this small territory are remarkable for their beauty.

Near Reggio, on the road-side, stands a handsome-looking edifice, with gardens, which is an

institution for the insane, and one of the best arranged in Italy. The number of patients is upwards of three hundred. They are divided into three classes; those of the first class are not natives of the duchy; each person pays about two and a half francs daily. Those of the second class, who belong to the duchy, and are in tolerable circumstances, also contribute towards their own support. The third class consists chiefly of paupers, for each of whom about half a franc a day is paid by the *commune*. The classes have separate rooms for assembling in and dining, but there is no division according to the nature of their insanity. Some sleep in separate cells; but many of the more intractable patients assemble with the rest at dinner, at which time they are generally well behaved; at other times they are allowed to walk about, with their hands confined in front. The strait waistcoat, and beds furnished with leathern bands for confining the hands and feet on the ordinary means of repression, adopted where a disposition to violence is manifested. The male patients have no in-door occupation, but a few of them are employed in gardening. The females are occupied in spinning, carding, repairing, and getting up linen, &c. There are two convalescent wards, each containing about thirty beds. All the patients assemble daily at chapel.

The principal streets of Parma are spacious and well paved, but the population is small when compared with the size of the town. The Royal

Academy contains a large and well-arranged public library, and a collection of pictures, among which are some of the best productions of Correggio, by whom also there are some fresco paintings in the churches. The great theatre, capable of containing six thousand spectators, is now in ruins, but an elegant new theatre has been constructed by the Duchess Maria Louisa, who generally attends the performances. The hospital contains about four hundred beds; the wards are lofty and airy, but too spacious to admit of their being properly warmed in winter. Tommassini, one of the founders of the contra-stimulus doctrine, after having been compelled to leave Bologna, took up his residence at Parma, where he is a professor of clinical medicine. The pellagra is prevalent in the surrounding country.

There are in Parma several charitable institutions; one of them, the Congregazione pietosa della Caritá, was formed as far back as the fifteenth century, for the relief and medical assistance of the poor. One half of its members are ecclesiastics, the other half is composed of nobles and citizens. Two members of the society are attached in rotation to each district of the town and its environs, whose duty it is to seek out and relieve those who need assistance. The medical duties are performed by physicians and surgeons, who are elected every three years. The affairs of the society are arranged by a committee of twelve members, six secular, six ecclesiastical, who are

divided into pairs, each pair having a particular department to superintend. Beyond Piacenza, you cross the two branches of the Po, upon bridges of boats, and are reminded by the custom-house on the bank, that the river is the boundary of

> " Fruitful Lombardy,
> The pleasant garden of great Italy;"

in passing through which, however, the traveller will scarcely fail to notice the unhealthy aspect of the peasantry, who are very liable to fevers and other diseases, which are chiefly to be ascribed to the irrigation and cultivation of the rice-fields.

CHAPTER XIII.

Milan—Hospitals—Pellagra—The Milanese—The Lakes —Simplon—The Valais Goître and Cretinism—Aix les Bains—Turin—Road to Nice by the Col di Tenda—Berne—Interlacken.

MILAN has more of the appearance of a capital than any other city in Italy. The houses are lofty, the streets clean, wide, lined with showy shops, and paved in the centre with strips of flag stones, on which the carriages roll smoothly along. The throng of well-dressed pedestrians, and the number of handsome equipages, indicate the prosperous condition of the inhabitants. Milan, however, contains but few objects calculated to interest the majority of travellers. The only public edifice conspicuous for beauty is the cathedral, the whiteness of which dazzles the beholder, and the numerous pinnacles, each crowned with a statue, produce a rich and novel effect. The view from the spire, of the extensive plains, with their stupendous northern barrier,

"Alps on Alps in clusters swelling,"

and of the long line of Apennines, stretching southward till lost in the distance, is strikingly magnificent. There is a public collection of pictures in the palace of the Brera. Among the most valuable pictures are Abraham and Hagar, by Guercino; St. Peter and St. Paul, by Guido; the Last Supper, by Rubens; and two landscapes, by Salvator Rosa.

The theatre of La Scala is after St. Carlo, the largest in Italy. The boxes are so constructed and furnished with blinds, as to screen the occupants from observation. It is the custom at Milan, more than elsewhere, to receive company in the boxes. The operatic *corps* is not generally very superior, but the *ballets d'action* are extremely well got up.

The handsome triumphal gate, commenced by Napoleon, was completed about three years ago, and is one of the objects best worth visiting. On the esplanade, near it, is a modern amphitheatre, large enough to contain thirty thousand spectators, in which chariot races in imitation of those of antiquity occasionally take place.

The Spedale Grande is one of the largest hospitals in Europe; its façade measures nine hundred feet, and it encloses several courtyards. The number of patients is about a thousand, though nearly twice as many could be accommodated. As in most of the other Italian hospitals, there are a few separate apartments for those who can afford to contribute towards their maintenance.

The wards are high and airy, and the beds are not placed too closely together, as in some other similar establishments. Those poor patients who prefer it, may remain in their own houses and be visited by medical men attached to the hospital, from whence they receive the requisite medicines, &c. Most of the articles for the use of the patients, as bread, bedding, blankets, clothes, &c., are manufactured within the hospital. The treatment of disease appears to me to be rational, and is less based upon exclusive theories, than upon the observation of symptoms, and the special indications in individual cases.

The hospital for the insane is situate about a mile from the town, in a locality where considerable humidity must prevail, from the numerous canals for irrigation. It contains about five hundred beds. The patients walk about in spacious courtyards, where several keepers are always in attendance; the more violent patients sleep in separate beds, but are not confined in the daytime, being allowed to walk about with the rest, with their hands bound together in gloves of coarse leather. This plan is found to answer better than isolating and confining them together within doors. When, however, there is furious mania, the patient is tied down in bed, with the strait waistcoat. Many of the patients are employed in works about the establishment, as gardening, carrying water or wood, the manufacture of articles of clothing, shoes, &c., the women in knitting, spinning,

and similar avocations. The remedial means principally adopted in cases where a high degree of cerebral excitement exists, consist in the occasional abstraction of blood, laxatives, baths, and sedatives, especially the morphine. Several of the inmates had large goîtres, and in many, the mental alienation had supervened upon repeated attacks of pellagra.

On account of the neighbourhood of Milan to the Alps, its climate in winter is cold and damp, and occasionally foggy. The irrigation of the rice-fields with which the Milanese abounds, is a fertile source of fevers of all types, which, together with thoracic inflammations, phthisis, rheumatism, and affections of the digestive organs, are the most prevalent diseases. Large goîtres and scrofulous complaints are likewise very common. A disease, however, which may be considered as endemic in Lombardy is the pellagra—of which the hospitals contain numerous specimens. This complaint is characterized by general derangement of the nervous and digestive apparatus, with hypochondriasis, and frequently a propensity to suicide, or to destroy others, especially children. There exists at the same time a chronic inflammation of the skin, more particularly affecting those parts which are most exposed to the action of the sun, as the neck, hands, and arms, which become covered with a dark brown scaly eruption. The disease was unknown before 1778; it generally

occurs in spring and summer, many individuals being affected at these periods during several successive years, who become comparatively well as the summer advances, and usually terminates after repeated attacks in paralysis, visceral disorganization, or mental alienation, and is confined to the poorer classes, who are badly clothed and fed; being more common among the inhabitants of the mountainous districts about Como and Bergamo than those of the plain. The causes of this disease are enveloped in considerable obscurity. The use of bread badly baked, or made with damaged Indian corn, which is customary among the peasantry of these districts, has been enumerated by medical men as one of its causes; but, in all probability, more depends upon the locality in which they live, than upon the quality of their food, as the patients generally become better, if their residence and mode of life be changed.

Many individuals among the higher classes of the Milanese are well informed, and are fond of study and of travelling. Most of the women are tall and have finely-formed features: they have for the most part adopted, as in other large towns, the French mode of dress, which has almost entirely superseded the graceful and becoming costume of the middle and inferior classes. Milan is not an agreeable place of residence for strangers; society is much fettered by the system of *espionage* pursued by government: the Milanese are consequently ex-

tremely reserved in conversation; less so, however, with the English than with other people.

The drive to the lakes is highly interesting, the country being beautiful, fertile, and embellished with neat villas. Como is a pretty town, delightfully situate on the shore of the lake, and surrounded on the land-side by lofty and verdant hills. The lake itself is enclosed between hills clothed with verdure, on the sides of which are numerous villages; their base is embellished with numerous towns and handsome villas skirting the shores. The most beautiful part is at Bellagio, where the lake of Lecco joins that of Como.

"Sweet it is to behold, on either side,
The crystal flood divide,
Making an isle of that green eminence;
And watch the sails that flash'd on the far stream,
Now seen, now lost;
Like fire-flies glancing through the moonlight gleam,
As winds the current cross'd."

Sotheby.

A few days may be agreeably passed at Cadenabbia, nearly opposite to Bellagio. The villas Somariva and Melfi, in the neighbourhood, will well repay the trouble of a visit. The latter contains, among other interesting objects, a picture of Bonaparte as First Consul. The galleries cut through the rocks for several hundred feet along the edge of the lake near Varenna, forming part of the new road leading to the Stelvio, will like-

wise be visited with interest. This road branches off to the right before arriving at Chiavenna, which is situate at the upper end of the lake, and where the ascent of the Splugen commences.

The scenic features of the Lago Maggiore differ materially from those of Como. The lake itself is much wider, and the mountains at its upper part are more bold, lofty, and rugged, than those which enclose the lake of Como; but, on advancing to the south, become softened down into gently rising hills, covered with vineyards and corn-fields, while numerous towns and hamlets lie at their base, adorning the shores. The Boromean islands, seen from a distance, have a pleasing effect, and with the distant Alpine range add to the variety and interest of the scene.

Leaving the shore of the lake at Baveno, the traveller shortly afterwards arrives at Domo D'Ossola, the first town presented to the view on descending from the Simplon, and which, with the rich plain where it lies, together with the white villas scattered about the hills, is well calculated to convey a favourable impression of Italy. The ascent of the Simplon from the bridge of Crevola is gradual as far as Isella, the road being carried along the edge of the Vedro, through scenery of a strikingly wild and romantic character. Beyond Isella you pass through the sombre defile of Gondo, which presents scenery surpassing in wildness and sublimity that of any other alpine

pass. The ascent then becomes steeper, and the road is seen from below, winding its way upwards in several zig-zag turns,

> "Like a silver zone
> Flung about carelessly, it shines afar,
> Catching the eye in many a broken link,
> In many a turn and traverse as it glides;
> And oft above, and oft below, appears,
> Seen o'er the wall by him who journeys up,
> As though it were another, not the same,
> Leading along he knows not whence or whither."
>
> *Rogers.*

After reaching the village of Simplon, a few miles of ascent remain before the summit of the pass is gained. A substantial *hospice* has been erected within these few years at the highest part. The descent towards Switzerland presents but few features of interest compared with the Italian side; the road being for the most part cut through the soft mountain, along the edge of wide ravines, between whose steeply-shelving sides, clothed with pines and larches, occasional glimpses are caught of the valley and glittering spires of Brigg, to which it descends after many tortuous windings. A stop was put to travelling over the Simplon the year before last, on account of a great part of the road having been carried away by the torrent; it is now, however, once more passable.

The Haut Valais is hemmed in between high mountains, preventing the free circulation of air: the soil is in many parts marshy, and covered

with rank vegetation; no wonder, then, that goître and cretinism should be endemic there, as the inhabitants constantly inspire an atmosphere laden with noxious exhalations.

Goître, which is, in fact, but a modification of cretinism, is generally found to prevail in localities similarly circumstanced; viz. where there exists a marshy soil combined with imperfect ventilation, or stillness of the atmosphere, as in some of the valleys of the Pyrenees and the Alps. Foderé considered it to depend upon the prolonged influence of a thick and stagnant air, charged with miasmata and fogs. M. de Saussure, in his Voyages dans les Alpes, remarks, that goître is not met with above a certain altitude, as one thousand or one thousand four hundred *mètres*; he also ascribes it to the influence of the heated, stagnant, and corrupted air which is breathed in deep valleys, as in those parts of the valleys which have a freer ventilation, and where they open out into plains, the complaint is less common. That the principal cause of the disease, where it prevails endemically, is referable to the quality of the air inspired, the anatomical and physiological connexion of the thyroid gland with the vocal and respiratory organs would lead us to believe; and the opinion is corroborated by the observations of many of the professional men resident in those districts where it prevails. As a proof of the influence of humidity in promoting its formation, it may be mentioned,

that in dry and cold weather it is not unusual to see the goîtres diminish in size. It has been attributed by some to the drinking of snow-water—but the inhabitants of many valleys in elevated situations, and also in some parts of Russia, drink nothing else but snow-water during a great part of the year, and yet they are not liable to goître; but in the Haut Valais, where the combined causes of marshy exhalation and imperfect ventilation prevail in the highest degree, the most aggravated form of the disease, cretinism, is met with; in other localities, where the operation of these causes is not so constant, cretinism is more rare, and the milder form, or goître, principally obtains. This is well exemplified in the valley of the Rhone, which widens below Riddes, where the mountains likewise are less high, and cretinism is less frequently met with, though persons with goîtres are still seen. Below Martigny, however, where the valley is wide, the mountains low, and the earth more cultivated, even goître becomes comparatively rare, and in proportion as you approach the lake of Geneva, the inhabitants have a more healthy and cheerful appearance. Even in the Haut Valais, however, cretins are at the present day less frequently seen than formerly, which I suspect depends upon their being kept more out of sight than upon any material diminution of their number.

The scenery in several parts of the valley of the

Rhone is highly interesting. Sion, the capital of the district, looks well from a distance, and its two castles, now in ruins, crowning commanding eminences, produce a good effect. The position of Martigny is likewise striking. Placed in a nook at the base of steep mountains, it is the point at which the roads meet from the great St. Bernard; and from Chamouni by the Tête Noire and the Col de Balme. Not many miles from Martigny, but on the opposite side of the valley, the town of Leuk is seen from the road on the acclivity of the mountain. The baths lie up the gorge between the mountains, about three miles from the town, at the foot of the Gemmi. They are thronged during the season—chiefly, however, by the Swiss, who are afflicted with rheumatic and paralytic affections. The baths form four squares under one roof, and are separated from each other by canals, through which water flows fresh from the springs, and is drank by the patients while in the bath, in which it is customary to remain during four, six, or eight hours every day; a large number of persons, therefore, of both sexes, bathe together at the same time, each being clad in a flannel gown and tippet, and several having before them small floating tables to hold their handkerchief, books, snuffbox, &c. The springs contain but a minute quantity of saline substances; the temperature is about 45° R.; and there is little doubt that to the

continued impression of the warm water upon the surface for several hours daily, their efficacy is to be principally ascribed.

The mountains at the upper part of the lake of Geneva present a fine bold aspect. The climate of this part is said to be extremely mild and salubrious, and several lodging-houses have been constructed within the last few years above Villeneuve, to which invalids from various parts of Switzerland are in the habit of resorting on the approach of winter. The castle of Chillon looks well from the water, and, with the mountains in the back ground, forms a striking picture. Vevay is a neat, clean, and quiet town, which would be an agreeable retreat for a few weeks in the summer. It is a good deal frequented by those persons who undergo the *cure des raisins*, which consists in the eating plentifully of ripe grapes, to which bread is added, with a moderate quantity of animal food once in the day. This treatment is not unfrequently productive of marked beneficial effects in various states of disordered health, especially those which depend upon a vitiated condition of the fluids, or excessive delicacy of the mucous membranes of the air-passages and alimentary canal, accompanied with glandular enlargement. Lausanne, the capital of the Pays de Vaud, is one of the towns of Switzerland most frequented by strangers, both for a permanent residence, and for a few weeks or months in the summer. It stands in an elevated position

about a mile from the lake, and possesses several resources for amusement and occupation. The environs are pretty, and from the public promenade a delightful prospect may be enjoyed of the greater part of the lake, with the chain of high Alps. Lausanne, though perhaps less agreeable than Geneva, is a cheaper place of residence, and affords greater facilities for the education of young people.

Geneva is greatly improved in appearance within the last few years. The quays have been widened by the removal of several old buildings, which are replaced by large and handsome edifices. The town, however, has but little beauty in itself, but derives its chief interest from its historical associations, its position, and the beauty of its promenades and environs. The Genevese are in general well informed and agreeable; society is upon an easy footing, and free from all formality. Evening re-unions and tea-parties are very common, to which ladies go on foot, accompanied by a female servant to carry their shawl, cloak, or pattens, in wet weather, and to light them home. Literature and science are a good deal cultivated, Geneva having been the birthplace of several *savans*, and the place of residence of many eminent men. Between three and four thousand of the inhabitants are employed in the watchmaking business. Geneva, with its environs, is perhaps the most eligible locality in Switzerland for a summer residence; many of the villas

are let to the English, by whom the numerous hotels are thronged till the period of autumnal migration to the south. The climate in winter is cold and changeable; even in the month of October a good deal of rain frequently falls, and fogs are not uncommon in the evening.

Chambery, the capital of Savoy, and the principal town on the roads from Geneva and Lyons to Turin, lies in a picturesque country watered by the Isère, apparently close to the Alps, which, however, are several posts distant. Those travellers unencumbered with a carriage may descend the Rhone in about eight hours to Lyons, whereas by land double that time is required. A small steamer is stationed on the lake, a few miles from Chambery, to which a rail-road conducts, and performs the journey two or three times a week; but owing to the rapidity of the Rhone, it requires two and sometimes three days to return. Aix les Bains is two leagues from Chambery on the Geneva road, and contains a population of four thousand inhabitants. It lies in a beautiful situation, and the more elevated parts of the environs command extensive and delightful prospects. These baths have been frequented from the times of the Romans, and are in high repute in the present day, as being among the most efficient hot sulphurous waters of Europe; and are especially calculated to remove long-standing rheumatic, paralytic, and cutaneous diseases. The cassino, or assembly and billiard rooms, occupies an ancient

building, supposed to have been built on the site of a temple of Diana, of which some vestiges may still be seen. The bathing establishment contains two piscinæ, or lofty vaulted chambers, about fifteen feet square, fitted up with douche apparatus at various heights from the ground, in order to regulate the degree of force with which the water falls upon any part of the body. The douche forms an essential part of the treatment of most of the cases to which the Aix waters are applicable. It is not, however, the custom to take the bath and douche at the same time, as at other places, as the water does not rise more than a few inches from the floor. The so-called sulphur spring flows directly from the rock, (which at this part is hewn out in the form of a grotto,) and is used for drinking. There is also another department, termed d'Enfer, from its being below the surface, and the water being hotter than the other springs. The piscinæ are constantly filled with vapour, so that patients have the advantage of a vapour bath at the same time as the douche. There is, however, but little convenience for dressing, and on this account only one person can bathe at a time. A fourth vaulted chamber adjoins the preceding, and is furnished with douches and a shower bath, which is a good deal employed in some nervous complaints. The modern part of the establishment, called the Thermes Albertines, contains six chambers for douching—the pipes being arranged so as to allow the water to fall upon the part either in a

full or divided stream,—a large public bath, with a depth of water of four or five feet, supplied by the alum and cold springs, and principally used as a pleasure-bath for persons in health or weakly children: in the centre of the building is an apartment, around which are ten cabinets supplied with a douche, and having the floor perforated to allow the ascent of vapour, so as to be used either for douching or as a vapour-bath. There are besides six other cabinets for water-baths. Friction of the surface is employed conjointly with the baths and douches, for which purpose male and female rubbers are in attendance. From Chambery to the foot of Mount Cenis the country is for the most part uninteresting. In the wild and sterile valley of the Maurienne, enclosed between steep mountains on each side, goîtres and cretinism were formerly very prevalent, but, owing to the improved drainage and increased cultivation, are now comparatively unfrequent. The ascent of the mountain commences immediately after leaving Lanslebourg; but this road is less interesting in point of scenery than most of the other alpine passes, though there are some fine parts on the Italian side where the mountain is excavated in grottoes. On both the occasions, however, when I passed, there was a considerable depth of snow, so that nothing was to be seen. At Susa you descend to the plain, and shortly afterwards arrive at Turin.

This city lies in an open and fertile country watered by the Po, which is crossed by a hand-

some bridge. It is regularly built; the streets are spacious, and at right angles with each other, the principal ones diverging from the square, in the centre of which stands the royal palace, which does not contain much that is remarkable. The houses in the square, and in several of the streets, are built upon arcades, which enable the inhabitants to take exercise in wet weather. There are in Turin but few objects calculated to interest the tourist; the church of the Superga, on one of the hills five miles from the town, will, however, repay the trouble of a visit, by the delightful and extensive prospect which it commands both of the Alps and of the plain. The Maniconico, or institution for the insane, which a few years ago was little better than that at Genoa, is now replaced by a new and commodious edifice, where the patients are much better treated, and further ameliorations in the general and moral treatment are promised. As, however, I fear to have already entered too much into detail with respect to medical institutions for a work of this nature, I will pass over those of Turin without any further remark. The treatment of disease does not present any remarkable peculiarities, but appears to me superior to that of Milan.

Those persons proceeding further into Italy, and desirous of seeing some of the most magnificen, and wild Alpine scenery, will derive much more gratification from taking the route to Nice by the Col de Tenda, and from Nice to Genoa by the Cornice,

than from going direct from Turin to the last-named town. After having passed through Coni, a fortified town of some importance, you arrive at Limone, where a winding ascent leads to the summit, which commands a prospect of the Alps, with Monte Rosa high above the rest. The summit of the pass is strictly a col or neck, being little more than a narrow ridge, whence you may perceive, immediately beneath, the road descending the steep sides of the mountain, by numerous zigzag and corkscrew-like turns. On account of the exposed position of the pass, high winds are very common, and the snow is generally thick upon the road from the beginning of November till the end of May, so as almost to interrupt the communication. Tenda, at the foot of the pass, is a miserable and dilapidated looking town, beyond which you pass through some fine scenery, and the wildly romantic gorge of Saorgio; the road being cut for miles along the edge of the torrent, and frequently through rocks which impeded its construction. The town of Saorgio is perched upon the acclivity of one of the mountains. Its castle completely commands the defile, and made efficient resistance to the French during their occupation of Piemont. The scenery from Saorgio to Chiandola continues to be of the most interesting description. You then ascend another mountain pass, exceeding in savage grandeur and in the desolateness of its appearance that of Tenda, and descend to Sospello, between which town and the plain of Nice there lies yet

another mountain, the scenery of which is of the same magnificent character as the former, the road being in several parts cut through rocks of granite and marble. From the summit you obtain a glance of the Mediterranean, with the harbour of Villa Franca, and the island of St. Marguerite. After passing through the village of Scarena, the road gradually descends to the regions of fertility, and approaches Nice through olive plantations and orange gardens.

In traversing Switzerland from Lausanne to Basle, travellers are obliged to employ a voiturier, the only post-roads being those from Geneva to Simplon, and from the lake of Constance to the Splugen. The route to Berne by Morat passes through a hilly and pleasing country, embellished with numerous cheerful-looking farm-houses, the inhabitants exhibiting every appearance of comfort and content. A plain pillar on "the proud, the patriot field" of Morat, marks the spot where the bones of the Burgundians lie unsepulchred. Berne is the handsomest town in Switzerland, and is the one which enjoys the greatest advantage with respect to the beauty of its situation. It is placed on the declivity of a hill, round the base of which the river Aar makes a considerable bend. The streets are spacious, extremely clean, and the houses are built on low arches, somewhat like those of Padua.

A stream of clear water runs through a small canal along the centre of each street, supplying

several neat fountains, most of which are adorned with the statue of Winkelried, or some other hero of Swiss history. There are several agreeable terraces and public promenades in the town and in the environs, commanding magnificent prospects over a vast extent of highly cultivated and richly wooded country, above which the long range of the Bernese Alps, covered with snow, raise their majestic peaks, and form the most splendid and striking feature in the scene.

A drive of about six hours from Berne, through a beautiful country, brings the traveller to Interlacken, situated in one of the pleasantest valleys of the Oberland, and much frequented in the summer by English visitors, the number of whom had so much increased, that the size of the village is more than double what it was a few years ago. Several new boarding-houses have also been erected at Unterseen, a small town about half a mile distant from Interlacken, and, like it, deriving its name from its position with respect to the lakes of Thun and Brientz. The Jungfrau, with other "thrilling regions of the thick-ribbed ice," rise immediately above the valley; whence the small cross, planted on its summit by the party who first ascended, may be seen with the naked eye in clear weather. Interlacken is a central spot for excursions among some of the sublimest scenery of Switzerland, though less eligible as a summer residence for an invalid than Geneva and its environs. During the last two or three seasons, Inter-

lacken has been less resorted to than formerly, to which, perhaps, the unaccommodating conduct of the authorities may have in some degree contributed.

The country between Berne and Basle is less hilly, but, like that between Berne and Lausanne, teems with fertility and population. Basle is a large manufacturing town, which contains no remarkable public edifices, and derives much of its importance from being close to the French and German frontier. It is divided into two unequal parts by the Rhine, which is here of considerable breadth, and is crossed by a wooden bridge.

CHAPTER XIV.

Venice—Pass of Ampezzo—Innspruck—Munich—The Bavarians.

THE lagoons, or shoals, upon which stands Venice, formed by the earth deposited from the rivers, which, descending from the Alps, empty themselves into the head of the Adriatic, may, as a traveller has observed, be compared, with reference to this sea, " to a side closet shut off from a room by a partition. This partition, which divides it from the open sea, is composed of different pieces with openings between them, which, if we pursue the same comparison, may be considered as so many doors; and in a line with these openings, though not uniformly straight, are the channels by which vessels approach Venice. The largest of these channels, or the grand canal, is crossed by one bridge, the Rialto, the only other communication between the two parts being by means of gondolas; and, as the same

author further observes, the city itself "may be considered as divided into two principal parts, made up of small islands, and each part separated from the other, except at this bridge. The different shoals, constituting the two great separate parts, are again connected by smaller bridges, which cross the canals by which the numerous islands are formed. These bridges are frequent, and being very steep, they are cut into easy steps; hence, in walking about Venice, you are constantly going up and down flights of steps. The Rialto being the highest bridge in the town, is also the steepest. The small canals, or *rii*, as they are termed, which are crossed by these bridges, are the water streets of Venice; but there is no part of either of the two divisions to which you may not also go more directly by land through narrow passages called *cale*. These *cale* may be considered as an unfavourable likeness of Cranbourn-alley and its cognate lanes. There are besides several small squares called *campi*, or fields." *

The above quotation will serve to give a good general idea of Venice, of which the aspect of parts is familiar to many who have not visited it, from accurate representations in Canaletti's pictures. The appearance of the city, which seems to arise from the water on approaching from the

* Rose, quoted in "the Classic and Connoisseur in Italy."

main land, and the entrance by the grand canal, are eminently calculated to strike the traveller

> " Che Vede
> Di marmi adorne e grave
> Sorger le mura, onde ondeggiar le navi ;"

as is likewise the silence which prevails, and is scarcely interrupted save by the warning sound ever and anon uttered by the gondoliers on turning a corner; for singing, or the recitation of Tasso's verses, no longer constitutes a part of their vocation.

> " No answering gondolier at close of day,
> Takes up Medoro's tale or sweet Erminia's lay."

The most handsome palaces are built along the canal ; some of them are almost literally " crumbling to the shore," and others are appropriated to the use of government, or let to strangers, there being few of the descendants of the old Venetian families now remaining, and those, for the most part, are in an impoverished condition.

St. Mark's Square will probably be the first spot to which the visitor will direct his gondola; this, being the only open place for walking, is thronged in the evening with the inhabitants and strangers, several of whom are dressed in the eastern costume, lounging beneath the arcades or in the cafés. This square is still, as indeed it has always been, celebrated as the scene of pageantry, and exhibitions both of joy and mourning:

"The sea, that emblem of uncertainty,
Changed not so fast, for many and many an age,
As this small spot. To-day 'twas full of masks;
And lo! the madness of the carnival,
The monk, the nun, the holy legate masked!
To-morrow came the scaffold and the wheel,
And he died there by torch-light, bound and gagged,
Whose name and crime they knew not." *Rogers.*

The church, occupying one end of the square, is of a mixed style of architecture, and is surmounted by five domes, somewhat after the manner of the Turkish mosques. The interior is rather sombre, notwithstanding the decorations of gilding, mosaics, and marbles, with which it is profusely ornamented. Adjoining is the Doge's palace, which takes up one side of the Piazetta. The appearance of the grand council-chamber is interesting: it contains some fine historical pictures by Tintoretto and Palma Vecchio, with portraits of the Doges around; one space being covered with a black pall instead of the picture of Marino Faliero.* The chamber of the Council of Ten and other apartments are likewise embellished with paintings by Titian and other painters of the Venetian school. The prisons so termed, *pozzi*, or wells, to which the entrance was by the Bridge of Sighs, are no longer exhibited, the bridge itself being blocked up.

Venice is only excelled by Rome in the number and magnificence of its churches. The Reden-

* See notes to Childe Harold.

tore, with the adjoining Dogana, presents a striking appearance from the water, or from the opposite side of the canal, as does also the church of the Salute, which, as well as the former, were erected by Palladio, on the occasion of the cessation of the plague. Its interior is richly decorated, and embellished with some fine paintings; the Jesuits' church is likewise richly adorned with variegated marbles and precious stones. The churches of St. Giorgio, and St. Giovanni e Paulo, must likewise be enumerated among those most deserving of a visit. In the Academia di belle Arte is a choice collection of pictures and other interesting objects. Of the private collections, the Barberini and the Manfrini are the best: in the first are several Titians, portraits of Doges and members of the family; as also a Magdalen, a Venus, and Titian's daughter, which rank among the *chefs-d'œuvres* of this master. They are, however, rapidly falling into decay. The Manfrini collection is better preserved: a few of the best pictures are, the Prodigal Son, by Guercino, which is the counterpart of the picture of the same subject in the Borghese palace at Rome; portrait of a Dutch ambassador, by Rembrandt; the Defiance of Apollo, and Lucretia, by Guido; portraits by Titian, especially that of Ariosto; Circe presenting the cup to Ulysses, by Giulio Romano; a Holy Family, by Palma Vecchio.

A walk of about half a mile from St. Mark's, along the quay, interrupted by the ascent of several

bridges which cross the smaller canals, leads to the arsenal, which, however, in its present state, will scarcely repay the trouble of a visit. In the same direction is a wide street, formed by covering over a canal with flag-stones, which leads to the public garden constructed by orders of Napoleon, about half a mile long, and planted with trees and shrubs. On an island opposite, stands the Armenian convent, an interesting establishment which is well worth visiting.

The Campanile, in St. Mark's Square, should be ascended, in order to enjoy the view of the city, the islands, the Adriatic, and the distant alpine chain.

The most interesting route from Venice to Innspruck, as well as the most direct, is by the pass of Ampezzo, which I chose last year. The road is in excellent condition, but there is as yet no public conveyance. Leaving Mestre on the main land, you pass through a beautiful and fertile plain, with villas and gardens on either side of the road, especially about Treviso, where the people are good-looking, many of the women being remarkable for their beauty, which is heightened by their becoming costume. Ceneda, the termination of the first day's journey, *en voiturier*, lies in a picturesque situation at the foot of the Alps, and between gently-rising verdant hills, on the highest of which are the remains of a castle. Shortly after leaving this small town, a gradual ascent commences between mountains wooded at

their base, and terminating in lofty snow-covered peaks. From Seravalle to Longarone the road is for the most part level; the town of Belluno lies a few miles on the left. After Longarone is a gradual ascent to the next post, Perarolo, which lies at the base of a mountain, from whence the ascent to Venas presents a succession of varied scenery, equal to some of the most picturesque parts of Switzerland. The drive from Venas to Ampezzo, and through the defile, likewise exhibits views of the highest order of sublimity and beauty, the numerous masses of bare rock of various hues, and with snow-tipped peaks, forming a series of striking contrasts with the wooded acclivities of the mountains. From Ampezzo to Landro, a distance of three hours, the interest of the scenery is scarcely surpassed by that of the most celebrated alpine passes. Shortly after leaving the latter town, you emerge upon the beautiful Pusterthal in the Tyrol, which, from the high state of cultivation, and the neat appearance of the numerous farm-houses and cottages, appears to be the abode of peace and contentment. Brunnecken, the chief town of the district, lies in a picturesque position; some miles beyond which, at the entrance of a narrow defile, a new fort, with extensive fortifications along the heights, has lately been constructed by the Austrian government, and would form an insurmountable impediment to the passage of a hostile force. After a succession of ascents and descents, you arrive at

Sterzing, a neat town on the high road from Verona to Innspruck, and at the foot of the Brenner, which is the lowest, and least interesting in a scenic point of view, of the passes of the Alps. Before arriving at Innspruck, however, you have to cross the Schönberg, which well deserves its name for the beauty of its scenery, and also from the view, presented from its summit, of the town and numerous detached houses scattered along the valley of the Inn, the verdure of which pleasingly contrasts with the dark, rugged, and snow-tipped masses of the alpine chain, extending from east to west, and forming an apparently impassable barrier.

Innspruck, the capital of the Tyrol, contains about fourteen thousand inhabitants, and is a handsome clean town, the appearance of which is greatly improved within the last few years. The view along the principal street is striking, most of the houses having been white-washed on the occasion of the emperor's visit two years ago, and several new buildings having lately been erected. The quays along the Inn, as well as the public garden, have likewise been enlarged and embellished. This river is here about half as wide as the Thames at Westminster: from the centre of the bridge a magnificent prospect may be enjoyed up and down the valley, and of the lofty mountain ranges on either side. Innspruck possesses two handsome churches, the Frauenkirche and the Hofkirche, in which latter is the splendid tomb of the Emperor Maximilian, and colossal bronze

figures of several sovereigns of the early ages, among which are Clovis, Godfrey of Bouillon, Charles the Bold, Rudolph of Hapsburg, with other well-known historical personages. A statue to the memory of Hofer has recently been placed in this church over his tomb. The museum likewise contains several objects of interest, and will well repay the trouble of a visit.

On leaving Innspruck last spring, I ascended the valley as far as Schwatz—a neat town on the road to Salzburg—where I was supplied with a carriage by the head of the Rainer family, who formerly exhibited in London as the Tyrolese minstrels, and who, having realized an independence, now keep hotels in different parts of the Tyrol. The castle of Ambras stands on an elevated position a few miles from Innspruck, and looks well from a distance, but does not now contain any object of interest, the rich collection of ancient armour &c. having been removed a few years ago to Vienna, and forms one of the sights of the capital best worth seeing. Hall, celebrated for its salt-works, also lies on this road. From Schwatz an indifferent cross-road, in many parts too narrow to admit of two carriages passing each other, leads to Achenthal and its lake, which is surrounded by magnificent scenery; in some parts lofty and sterile mountains rise perpendicularly from the water, as at the lake of Wallenstädt. After about four hours' drive from the head of the lake, through a highly picturesque country, where the inhabitants

appear to have lost none of their primitive manners and hospitality, you arrive at the beautiful lake Tegernsee, at the base of the Alps, which is greatly resorted to in the summer months by the higher class of Bavarians. The town at the extremity of the lake affords excellent accommodation, and the surrounding scenery is beautiful and varied. The watering-place, Kreuth, which is likewise greatly resorted to by the inhabitants of Munich, lies more among the mountains, about two hours' drive from Tegernsee. It consists of two large lodging-houses joined together, a public room or Cursaal, with baths and outhouses. Not more than two hundred persons could be accommodated at the same time. Many of those who pay it a visit are induced to do so as much on account of the purity and bracing qualities of the air, as for the waters, which do not possess any very efficient medicinal properties. A great proportion of the invalids labour under pulmonary complaints, and drink goats' milk or whey, (*molkenkur,*) which is combined with the use of the baths. From Tegernsee to Munich, the country is flat and devoid of interest to the passing traveller. This road from Innspruck to Munich should not be selected by persons who are encumbered with a carriage.

There is, perhaps, no city where so much has been done in the way of embellishment, and the erection of public buildings, of late years, as at Munich. The modern part presents a strong contrast with the irregularly built old town and its

antique-looking houses, the new streets being regular, wide, and well paved, consisting for the most part of palaces and private houses three stories high, several of them having a garden attached. The style of architecture of the new public edifices is chaste and peculiar, and the interior decorations are exceedingly rich and tasteful, the whole having been designed by the king, and executed by Von Klenze. His Majesty, indeed, has ever been a great patron of the fine arts, (on which account Munich is much resorted to, both by native and foreign artists,) and is very affable to strangers. He speaks English remarkably well, as does also the Crown Prince, and indeed the majority of the upper class of Bavarians, among whom French is comparatively little spoken. English visitors are particularly well received at Munich: there is a good deal of society in the winter. In point of climate also I consider Munich less objectionable than any other of the German capitals, for though in winter the snow usually lies thick upon the ground between three and four months, and the thermometer is frequently several degrees below the freezing point, yet, considering its elevated position, there is but little wind, and the cold is consequently rather bracing and salutary than the reverse. Sledges are in pretty constant use, some of them being very handsomely painted, and the horses gaily caparisoned. The most unpleasant sort of weather at Munich is in the spring and during the thaw, when rain frequently falls, and walking in the

streets is almost impracticable. The houses are well adapted to exclude the cold, most of them being furnished with double windows and warmed by stoves, which, though preventing drifts of air, and imparting to the apartment an equable temperature, yet disagree with some persons who are not accustomed to them, causing headache and other unpleasant sensations.

Of the public edifices, the Pinacothek first merits notice, both on account of its intrinsic beauty, and of the magnificent collection of pictures which it contains, especially those of Murillo and Rubens, and which many persons prefer to that of Dresden; but I shall, as on former occasions, abstain from description (which, indeed, would be superfluous after the minute and correct accounts given in the "Handbook for Southern Germany,") and merely enumerate as a few of the paintings which more particularly attracted my attention, the following: the Saviour bearing the Cross, by Albert Durer; Misers, by Matsys; Heads of an Old Man and Woman, by Denner; a Burgomaster of Antwerp and his Wife, by Vandyck; the Interior of a Church, by Delorme; Portrait of a Turk, by Rembrandt; Gerard Dow; a Mountebank, a Hermit, an Old Woman spinning, a young Woman knitting at a Window, and a Portrait of himself; the Fallen Angels, by Rubens; Rubens' Wife; the large picture of the Last Judgment; a Madonna and Infant; the Murder of the Innocents; a Priest holding a Skull, Mieris; a Girl with a Parrot; a

similar subject by Netschar; Peasants Quarrelling, by Ostade; three small pictures by Teniers; Beggar Boys eating Fruit, a chef d'œuvre of Murillo; also a Girl buying Fruit, scarcely inferior to the former; marine views by Vernet; Madonna and Child with a Lily, by Carlo Dolce; also St. Agnes; the Madonna, Infant St. Joseph, and a Monk, by Titian; Portrait of a Lady, by Paris Bordone; the Saviour crowned with thorns, by Guercino; Madonna and Infant, by Raphael; Mona Lisa, by Leonardo da Vinci.

In the Leuchtenberg collection will be more particularly remarked Murillo's Madonna and Infant, a chef-d'œuvre; Sunset, by Salvator Rosa; his own Portrait, by Rembrandt; Madonna and Child on the ground, by Correggio; the Woman taken in Adultery, by Guercino; a Student, by Gerard Dow; and a half-length Portrait of Petrarch's Laura, which will certainly disappoint the anticipations of those who expect to see the picture of a handsome woman, there being no traces of the

> "Crespe chiome d'or puro lucente
> E'l lampeggiar dell' angelico riso,"

nor of the

> "Begli occhi che i cor fanno smalti,"

which are so frequently and plaintively apostrophized by the poet, as Laura might have sat for this portrait when somewhat advanced in life.

Here are likewise two of Canova's best works—the Graces and the Magdalen.

The Glyptothek, or gallery of statues, is an elegant structure of white stone, which is the first object that attracts the traveller's attention on entering Munich from Augsburg. The interior is richly and tastefully decorated; the ceiling of each apartment being composed of stucco-work of a different design and colours, white and gold, or green and gold, being the most predominant: the walls are plain scaligliola, and the floors of variegated marbles. The statues too, though not very numerous, are select, and are placed so as to be exhibited to the greatest advantage. Among them are the celebrated Egina marbles, the Barberini Faun, Iloneus, Jason, and other choice pieces. The last room is appropriated to modern sculpture; it contains the Paris and the Venus of Canova, a bust of Napoleon, and of the king, by Thorwaldsen.

The royal palace is likewise decorated in a rich and peculiar style, with carving and fresco-painting which, from the encouragement afforded by the king, has been brought to great perfection in Bavaria. The floor of each apartment is inlaid with woods of different colours, and, contrasted with the frescoed ceilings and walls, produces a rich effect. On one side of the palace is the Hof-Garten, a large space planted with trees, where the military bands frequently play in the afternoon, and enclosed between arcades, the walls of which are

painted in fresco, with views of Italy and Sicily, or illustrative of the history of Bavaria. On the other side is the principal square, (with the bronze statue of the late king, seated, in the centre,) in which are the new post-office, and the theatre, which is connected with the palace by a covered gallery, so that the king can go from one to the other without going out of doors. His majesty is a pretty constant attendant upon the operas, and generally enjoys a nap during part of the representation. The theatre is the largest and handsomest in Germany, and is well calculated for hearing. The drop-curtain is a beautiful copy of the Aurora on the ceiling of the Rospigliosi Palace at Rome. This subject, painted on so large a scale, produces a much finer effect. The *corps dramatique*, both in the operatic and tragic depart ment, is excellent, though within the last two years it has lost two of the best tragedians in Europe, who have retired: viz. Esslair and Madame Schröder. The "Tell" of the former, in Schiller's play, and the "Elizabeth" of the latter in "Maria Stuart," as well as the part of the "Mother," in Lessing's "Emilia Galotti," approach as near the perfection of acting as anything can do. The performances here, as in other parts of Germany, begin about six, and seldom last more than four hours.

The love of music, though universal in Germany, is perhaps greater in Bavaria than elsewhere, and is more diffused among all classes.

Military bands play almost daily at stated hours. Public and amateur concerts are given about twice a week in the winter, in the Odeon or one of the other large rooms appropriated to the purpose, and to balls, which are also of frequent occurrence, the love of dancing being no less general than that of music, though little else than the waltz is seen. The Germans seem to like dancing purely for its own sake; many scarcely speak a word to their partners during the whole time, and hand them to their seat immediately after the waltz or gallopade is over; whereas, in England, conversation is the chief inducement with a large proportion of the gentlemen who stand up to dance; hence quadrilles are so much more general. Waltzing may be seen to greater perfection in Vienna and Munich than elsewhere. In the Rhenish countries it is but indifferent.

There are, besides, numerous houses of entertainment in the environs of Munich, as of most other German towns, where inferior shopkeepers, soldiers, and others of the lower classes, resort in the summer evenings, and on holidays—which are numerous—to dance and drink beer or tea. The movements of the dancers are generally more active and energetic than elegant, and in many of them profuse perspiration is induced by their exertions. A love of pleasure is in fact predominant among the inhabitants of southern Germany, and great laxity of morals is said to prevail, especially in the two last-mentioned cities. There is, how-

ever, in general, more *heart* among the Germans of all ranks, than in some other civilized countries which could be named, and strangers properly introduced are for the most part cordially received.

Society is less exclusively divided into coteries at Munich than at Vienna, where, however, it is less so than many persons have imagined from reading the account given of the Viennese, by Mrs. Trollope, a few years ago. In fact, as it was previously known that this lady's object in visiting Vienna was to write a book laudatory of the existing state of things in Austria, she was of course well received by those to whom she was addressed, and who were interested in her conveying to the British public such impressions as they would wish to produce; but some of her statements with respect to society are fortunately much exaggerated, and one is inclined to think, on perusing them, that some of her Viennese friends must have been amusing themselves at her expense, in the art of mystification, as were her account to be considered as a true picture, it would have the effect of exhibiting the higher classes of Vienna to the rest of Europe in a most ridiculous and contemptible light.

The churches in Munich exhibit a great variety with respect to architecture. The cathedral, with its two large brick towers, is a heavy-looking structure; its interior is plain, and rather sombre. St. Michael's church is built more in the Italian style, and resembles interiorly several of the

churches of Rome and Florence. The church of the Theatines is one of the most prominent public edifices; in its interior it is profusely ornamented with stucco-work. The two most interesting churches, however, are the newly-erected one in the suburb, Au, and the All-Saints' church behind the palace. The contrast between these is very striking, not only the style of architecture, but also the internal aspect, being totally different. The former is a light gothic edifice, plain internally, almost the only decoration being the finely painted glass windows; the art of painting on glass having now been brought to a state of great perfection under the auspices of the reigning monarch. The All Saints' church has a handsome and chaste appearance exteriorly; internally it is embellished with fresco paintings and arabesques, which produce a rich effect without being gaudy, though perhaps less calculated to excite feelings of devotion than the plain or gothic style. Two other new churches are also in progress, and will no doubt equal the others in point of beauty.

A colossal statue of Bavaria, fifty-six feet high, is intended to be placed in a public place outside of the city. The clay model may be seen at the artist's, where also are several large statues, in bronze gilt, of former sovereigns, which are intended to adorn the throne-room of the palace. The art of bronze-gildin has likewise been revived and perfected by the king.

The new building for the library is one of the handsomest in Munich. The collection of books is said to be the largest in Europe after the Bibliothèque du Roi at Paris. There is likewise a large collection of ancient manuscripts, and finely illustrated bibles and missals. Strangers who have a proper recommendation are allowed to take home for perusal any books they please, and the liberality is carried so far as not unfrequently to order new works on their account. During the period of my residence at Munich, being engaged in writing a work on mineral waters, I was desirous of referring to one, in two volumes, and rather high priced, on those of the Eastern Pyrenees, which are as yet but little known, even in France; this was immediately ordered for me from Paris, and probably has scarcely been opened since that period, as, treating principally upon the medical properties of the waters, it would not be likely to interest general or even medical readers, unless engaged in similar researches. Had I previously known the character of the work, I certainly should not have allowed it to be ordered on my account.

Munich is the seat of a university, where, however, there are but few students from other parts of Germany. The Hospital immediately outside of the town is a handsome modern building, the interior disposition of which will afford gratification to the casual visitor, and might serve as a model for similar institutions in other parts of the continent.

It is principally supported by a trifling tax levied among the townspeople, to which servants and others of an inferior order contribute, and when ill, thus acquire a claim for admission. The wards are small, but clean and airy, being disposed along spacious corridors: each contains about twenty beds, the total number of beds being about four hundred. Munich is comparatively free from epidemics, and is on the whole a healthy place of residence. The most prevalent diseases are, thoracic inflammations, gastric and nervous fevers, rheumatism and scrofulous complaints. The treatment of disease is in general judicious, though counter-irritants and stimulants, as ammonia, are too frequently made to supersede the employment of sanguineous depletion and evacuants in acute disease. Emetics are more generally employed than in most other parts. The state of medicine and surgery, though superior to Vienna, is inferior to Berlin. Diseases of the eyes are likewise prevalent. These, as well as the surgical department at the hospital, were formerly under the direction of Professor Walther, who enjoys a well-merited reputation as a surgeon and oculist.

Near to the hospital is the spacious public cemetery, containing several handsome marble monuments, hung with chaplets of flowers; which are likewise cultivated, in patches of earth between the graves. At the further extremity is a semicircular colonnade, with central rooms, where the dead lie exposed—generally dressed in their gayest

attire, with bouquets of flowers placed in their bosom—for about twenty-four hours. This practice is pretty general in other parts of Germany.

The public prison will repay the trouble of a visit to those who feel an interest in such matters. There are several workshops, as manufactures of cloth, articles of clothing, &c., on which the prisoners are employed, complete silence being enjoined. A certain share of the proceeds is allotted to them, so that when their time of imprisonment expires, they may not be altogether destitute. The punishment of death very rarely takes place in Bavaria, as no one can be executed, however strong the evidence, unless the culprit acknowledge himself guilty of the crime of which he is accused. Those who are convicted of the more atrocious crimes are confined for a series of years or for life, or are employed in the public highways, each having the legs chained so as to prevent escape. Some of these criminals are confined in ill-ventilated cells, scarcely large enough to contain the four individuals who are lodged in each, with iron bolts attached to their legs: in the daytime their beds are placed upright against the wall, and they are occupied in carding cotton, never being allowed to leave their cells, to the unhealthiness of which their countenances bear the strongest testimony.

Among the other objects of interest in Munich is the Museum, which contains the Brazilian collection of arms, dresses, insects, flowers, &c.,

brought over by Dr. Von Martius, one of the most distinguished of the Bavarian *savans*, who several years ago accompanied Dr. Spix on a scientific expedition to the Brazils. Schwanthaler's studio contains some good specimens of sculpture. The bronze obelisk in the Carolinen Platz, erected to the memory of the thirty thousand Bavarians who perished in the Russian campaign, seen from a distance, especially when the sun is shining upon it, has a rich golden appearance.

An extensive park, continued from the Hof-garten, and termed the English garden, through which the water of the Isar is diverted to supply an extensive lake, is the usual place of resort for equipages and pedestrians. It is in many parts shaded by fine rows of trees, and in some measure compensates for the want of interest in the environs of the city. A railroad is now open between Munich and Augsburg, which is to be carried on to the Rhine.

CHAPTER XV.

Valhalla—Nuremberg—Erlangen—Caves of Muggendorf —Dresden—Leipsic—Homœopathy and animal magnetism—Weimar.

ABOUT sixteen hours are required for the journey from Munich to Ratisbon, which town, however interesting it may be from its historical associations, would offer little inducement to the traveller for delaying his departure. Steamers descend the Danube in two days to Vienna, arriving the first day at Linz. Ratisbon and the adjacent territory belong to the Prince of Tour and Taxis, who has a chateau in the neighbourhood, near to which stands the Valhalla, a temple now building by the king of Bavaria, of the same dimensions, and of a similar style of architecture, as the Parthenon at Athens, intended to contain the statues and busts of the most eminent characters to which Germany has given birth. From the elevated position of the Valhalla, a good view of the course

of the Danube, and of an extensive tract of country, may be enjoyed. The building itself, composed of white stone, is seen from a considerable distance, and produces a fine effect. Von Klenze, the celebrated architect under whose superintendence most of the modern buildings of Munich have been constructed, has likewise the management of this magnificent monument. About five years ago I descended the Danube to Vienna, on a wood raft, five days being required, from Straubing, by this primitive mode of conveyance: the current is more rapid than that of the Rhine, and the river is exceedingly shallow in many parts, which were the obstacles to the establishment of steam-boats till within the last few years, when iron ones, which require but little depth of water, were constructed for the purpose. The scenery is in many parts highly romantic and picturesque, the country wild, and but thinly populated. Ruined castles, shrines, and richly endowed monasteries, are ever and anon seen in conspicuous positions on the banks, but the towns and villages are few and far between. As Murray's handbook contains an account of the castles, ruins, &c., I need not enter into an enumeration of them.

A hilly drive of twelve hours from Ratisbon to Nuremberg, one of the oldest towns of Germany, and which bears internal evidence of its high antiquity. The castle crowning the hill, at the base of which the town lies, was the scene of many an historical event; it commands an extensive pros-

spect of the surrounding country. In the chapel are a few paintings of Albert Durer, whose house still remains in the same state as when he died. The venerable old lime tree which has weathered some hundred years in the courtyard of the castle, I found had been cut down to nearly one half since my former visit. The gothic church of St. Lawrence may vie with some of our English cathedrals, with respect to the solemn and impressive aspect of its cloistered aisles, and windows of stained glass, one of which is more than three hundred years old. St. Sebald's church is likewise a fine old building, though of a different style to St. Lawrence. In the centre is the shrine, composed of a bronze casing elaborately worked, in the form of a Gothic chapel, with niches around, containing the figures of the apostles, which are admirably executed, and enclosing a chest in which are the relics of the saint. The artist, Vischer, has introduced among the figures, at the lower part, a representation of himself in his working costume. This work, which occupied Vischer and his sons thirteen years, was finished in 1529.

Nuremberg contains at present about forty thousand inhabitants, all of whom, with the exception of about six thousand, are Protestants; whereas at Munich the bulk of the population are Catholics, who regard with some degree of jealousy their Protestant fellow-subjects of Nuremberg. The Frauenkirch, or Catholic church, is a small

though handsome edifice in the market-place, where also stands the Schöne-brunnen, a fountain in the form of an obelisk, adorned with several figures on stone of some of the more prominent characters of antiquity.

There is a collection of pictures in the Gothic edifice, formerly the chapel of St. Maurice, though but few are particularly worth remarking, except two or three of Albert Durer. The hospital, which likewise comprises a *hospice* for the reception of the aged and infirm, is a dilapidated low building on the river. The treatment of disease appeared to me to be much inferior to that of Munich.

The costume of some of the inhabitants and peasantry corresponds with the antique appearance of Nuremberg. The women generally wear a cloth dress reaching half way down the leg, with a coloured kerchief (most frequently red) wrapped round the head, somewhat after the fashion of a turban. The men (as in other parts of Bavaria) wear three-cornered hats, long coats reaching nearly to the heels, and red or other coloured waistcoats with large metal buttons overlapping each other.

The first railroad constructed in Germany is that between Nuremberg and Furth, a commercial town about six miles distant, and principally inhabited by Jews. A few miles in the opposite direction lies Erlangen, a neat town of ten thousand inhabitants, and the seat of a University, which, from the reputation of some of its pro-

fessors,—especially Stromeyer and Wagner—(who, however, within this twelvemonth have been removed, the former to replace Graefe at Berlin, the latter to occupy the chair of Blumenbach at Göttingen)—has latterly ranked high among the German universities. The number of students does not, however, much exceed three hundred, those in the theological faculty being the most numerous. They are not given to rioting and duelling, as at some other places. Behind the building of the university is a large garden, which contains a good anatomical and pathological museum. There is likewise a small clinical hospital containing one hundred beds.

From Erlangen the small and beautiful tract of country, termed Franconian Switzerland, may be conveniently visited in three days. It lies to the left of the high road to Baireuth, and is interesting, not only on account of the picturesqueness of its scenery, but likewise from its magnificent caverns. After a five hours' drive you arrive at Streitberg, (where stands the castle, now a ruin, but which formerly commanded the entrance of the valley,) and shortly afterwards at Muggendorf, which is the chief place in the district, and the best point for making excursions. After ascending a steep hill and an hour's good walking, you attain at the peculiar shaped rock, termed Adlerstein, whence a beautiful and extensive panorama is displayed of

"Variegated maze of mount and glen,"

with here and there an old castle crowning an eminence. A little further on, the Riesenberg is seen; this is a natural excavation between arched rocks, which, viewed from the valley below, presents the appearance of a gigantic castle—whence the name. Following the course of the Wiesent along the valley, you pass between Rabenek Castle, perched on the summit of a rock,—the perpendicular sides of which might well bid defiance to hostile approaches,—and, crossing the hill, arrive next at the castle of Rabenstein, likewise standing on a projecting rock, and surrounded by immense masses of granite, which must have been at some period detached from the mountains by a terrestrial convulsion. From the castle a path, winding between these masses, leads to the chief wonder of the country, the cave of Rabenstein, which was the only one I could spare time to visit. This cavern is divided into four compartments, the first being merely an extensive space on the same level as the ground at the entrance. The other divisions, in order to be seen to advantage, require to be lighted up with numerous candles, by which the whole extent can be perceived, and a singularly terrific and *unique* scene is disclosed. Descending by a winding stair cut in the rock, you have an opportunity of admiring the immense and beautiful stalactites descending from the roof and rising from the floors. Several fossil remains were here discovered, most of which were taken away, though some still remain, such as a pair of enormous

antlers, and part of the pelvis of the mammoth, which are so deeply imbedded in the incrustation that they could not well be removed, even if the proprietor were desirous that they should be. The third division, though less extensive than the others, contains more beautiful stalactites, which hang from the roof in the form of palm-leaves. The fourth part is the largest, and is mostly filled up with enormous masses of rocks, which form a peculiarly striking and chaotic scene. Altogether this cavern may be considered as one of the most remarkable natural wonders of Europe, and a visit to it would well repay the traveller for making a detour of some miles. There is another of these caverns, termed the Forster's Höhle, near Waischenfeld, nearly two hours' walk from Rabenstein, but it is not so interesting.

Baireuth is a small town in an agreeable country, possessing nothing particularly worthy of remark. A pleasant walk leads to the Ermitage, two miles distant. From this ten hours are required to reach Egar: previous to entering, you have to pass the Austrian custom-house. Eger likewise presents no object of particular interest, except the old castle of Wallenstein, in the interior of which are still preserved some relics of this hero.

Franzensbad is about half an hour's drive from Eger; Marienbad and Carlsbad, about four hours; but as I have so recently published an account of

these and other German baths, I need not here enter into a description of them.

From Toplitz to Tetschen the country is pretty and well cultivated. This town lies on the right bank of the Elbe, at the commencement of the district termed Saxon Switzerland, and during the summer steamers ply daily between Tetschen and Dresden, for the accommodation of the numerous tourists who come to explore this interesting region. The objects most usually visited are the Kuhstall and Prebechthor, two wide natural arches of rock, the fortress of Königstein, and the Bastei, which consists of immense masses of rocks, some being connected by bridges eight hundred feet above the Elbe, whence the view of the rocks, split and broken into various forms and shapes, will leave a lasting impression on the memory. The Elbe from Tetschen to Pirna is hemmed in between dark rocky banks and wooded hills, descending precipitously to the water; not unlike some parts of the Rhine between Bingen and Coblentz. On a hill overlooking the river and the town of Pirna, is a large edifice—Sonnenstein—forming a chateau, now a celebrated establishment for the treatment of insane patients, of which I formerly gave a description in my work on the Medical Institutions of the Continent. Beyond Pirna the banks of the river are flatter and more cultivated. The royal palace at Pilnitz stands on the right, and from this point the approach to

Dresden is enlivened by numerous country-houses and villas.

Dresden is divided by the Elbe into two unequal parts; that on the right, or new town, being much smaller than the other. Close to the river is the Japanese palace, which contains the collection of porcelain and other curiosities. After crossing the bridge, which is considered to be the handsomest in Germany and where foot passengers are required to keep to their respective sides according as they may be going to or from the new town—the first public edifice which attracts attention is the Catholic church, profusely embellished with figures externally, but plain internally, where the king and royal family attend mass, his Majesty being a Catholic, though almost all his subjects are Protestants. Many of those who attend the service go to hear the instrumental and vocal music, which is particularly fine; the male and female part of the congregation are obliged to keep on separate sides, and should any stranger innocently place himself on the woman's side, he would shortly receive an intimation to move, by persons stationed in the church for the purpose. The music is likewise very good in the principal Protestant church, which is of large size, the galleries resembling the boxes of a theatre. The picture-gallery is in the same square: it is the largest, and is generally considered to be the richest, in Germany. The Madonna di San Sisto of Raphael; the Tribute Money, by Titian; as also a

portrait of his Daughter; the Madonna and Infant in the Manger, by Correggio; Rembrant's portrait, Vandyck's Charles the First, are a few of the most esteemed pictures.

The Zwinger Palace is of a peculiar architecture, somewhat of the oriental or moresque style. The different portions seen from the centre of the courtyard have a striking appearance, to which the colossal grotesque figures in relief greatly contribute. It contains the collection of copper engravings, and the largest collection of ancient arms and armour upon the continent.

The costly and curious collection of jewels and curiosities, formed of gold, silver, and precious stones, in the green vaults, is one of the principal sights of Dresden, and perhaps in no one spot is there to be seen so great a variety of treasures and curious nicknacks. Mr. Russell says, respecting them, in his work on Germany, "Whoever takes pleasure in the glitter of precious stones—in gold and silver wrought into all sorts of royal ornaments—into every form, however grotesque, that art can give them, without either utility or beauty, will stroll with satisfaction through the apartments of this gorgeous toy-shop. They are crowded with crowns and jewels; vases and other utensils seem to have been made merely as a means of expending gold and silver; the shelves glitter with caricatured urchins, whose bodies are often formed of huge pearls or of egg-shells, to which are attached limbs of enamelled gold. One is

dazzled by the quantity of gems and precious metals that glare around him," &c.

The most valuable as well as curious of these works is that which represents the Emperor Aurungzebe seated on his throne, attended by his guards and courtiers, forming altogether one hundred and thirty-two figures, in gold enamelled, which are said to have required eight years' labour, and to have cost upwards of eighty thousand dollars.

The hospitals of Dresden are but indifferent, and the medical and surgical practice is inferior to that of Berlin. There is, however, an establishment for medical instruction, termed the Medico-Chirurgical Academy, which contains a good pathological museum, in the chief apartment on the first floor of the building, which was formerly one of the largest palaces in the town. The presence of the anatomical and pathological preparations does not harmonize well with the appearance of this handsome saloon, which doubtless was in other days the scene of frequent mirth and revelling, and the walls of which still retain the full-length portraits of the former proprietors, or their ancestors. There are likewise in the building clinical wards, containing about sixty beds, in which the most interesting medical and surgical cases are received for the instruction of the pupils. Some of the most eminent medical practitioners in Germany reside in Dresden. Dr. Von Ammon, whose name is well known throughout Europe, not only

as one of the first surgeons and oculists, but also as having directed much of his attention to medical subjects, especially mineral waters, is the practitioner most in repute. Drs. Hedenus and Seiler are likewise in high estimation.

The streets of Dresden, though wide and regularly built, have somewhat of a sombre appearance; nor does this city present so many resources for occupation and amusement as some others in Germany. The environs are beautiful, and in summer Dresden would be an agreeable place for a few weeks' residence. The winter, however, is extremely cold and windy; the price of fuel is very high, though house-rent is lower than at Munich. There is less society and movement than at Munich, and the theatre is not so well *monté*. The inhabitants, however, are for the most part courteous, and receive strangers well: many of them speak English: they are more given to money-getting, and consequently less to pleasure, than those of southern Germany. As a cheap place for the permanent residence of families, and also for education, Dresden offers several advantages over other German towns. In the environs are several houses of entertainment, whither holyday folks repair to hear music, take tea, &c. At one end of the town is the artificial mineral-water establishment of Dr. Struve, which is open from May to November. A large garden is attached, where the patients walk about while drinking the waters.

The journey from Dresden to Leipsic is per-

formed in about three hours by the railroad. This is a large and bustling town, which would offer but little resource to the idler, or inducement for the majority of English travellers to prolong their sojourn. It is the great European market of booksellers and publishers, in which business a large proportion of its population are engaged; and the Leipsic editions of most of the works published in Germany, as well as many of those of other countries, are greatly in request on account of their comparative cheapness. The catalogue of books, printed every six months, forms of itself a respectable-sized volume; Leipsic is likewise the seat of one of the largest German universities: a handsome new building has recently been completed. The number of students amounts to one thousand. Some of the professors of the medical sciences enjoy a high reputation; especially Weber, professor of anatomy, Clarus and Radius, professors of medicine and surgery. There are two large hospitals, the St. Francis, containing two hundred beds, for acute and chronic diseases, and the St. George's which comprises a hospital, prison, and school, for indigent orphans; with some wards for the insane. The view from the tower of the observatory comprises a considerable extent of the surrounding local country, including the battle-field. The belt of public gardens around the town, on the site of the ramparts, forms an agreeable and shady promenade, and is the usual resort of the inhabitants.

At the time of my former visit I was anxious to see the homœopathic hospital, of which I had previously heard, Leipsic being the head-quarters of this doctrine. I expected to have found at least forty or fifty beds filled with patients; but was rather surprised to find that the building (which is a small house in the suburbs) only contained eight, and even of these all but two or three were unoccupied. At my last visit to Leipsic, I understood that matters were going on badly with homœopathy, which indeed is now comparatively little heard of in Germany and France, and only required to be understood by the public for its absurdity to be apparent, though there will always be credulous individuals who are to be caught by any novelty, when presented under a specious appearance, and backed by an unintelligible name. During its whole progress it never was sanctioned by any individual of eminence in the profession, and was principally taken up as a means of acquiring wealth or a livelihood by persons who had never been previously heard of, or who were known as having failed to acquire practice by the honourable exercise of their profession; by whom every means were taken to puff it into notice, and to keep public attention directed to it; such as repeated histories of cures, the establishment of dispensaries, of which, I believe, the only one that remains is the above-mentioned at Leipsic, even if it be still in existence, for a few months before my arrival the house-physician having become convinced,

during a residence of some time in the dispensary, of the nullity and danger of homœopathy, gave up his appointment, and published an exposition of the system pursued, with an account of cases, which clearly shows,—what had long been evident to the bulk of the profession and the public,—that the so-called cures were recoveries from ordinary ailments by the efforts of nature, which were frequently a long time under treatment, whereas, by a proper medication and attention at the outset, they might probably have been removed in a few days, and that many of the more serious cases got worse instead of better, for the want of active treatment.* It must not be supposed that the homœopathists always adhere to the principles of the doctrine. It has not unfrequently happened that persons who attributed their recovery to homœopathy were treated allopathically without their being aware of it. In fact, one practitioner in Leipsic, a professed homœopathist, candidly acknowledged that he pursued both plans of treatment, and was accustomed to ask his patients by which method they would be treated, as both were equally good. A few persons, in whom the nervous system is highly susceptible, are, it is true, liable to be affected by very minute portions of active substances, (though not by the ridiculously infinitesimal doses of the homœopathists,) especially sedatives; and these instances have

* Ueber die Nichtikict der Homœopathie. On the Nothingness of Homœopathy.—Leipsic, 1840.

been seized on as proofs of the ageney of homœopathic remedies. Little had been previously heard of homœopathy among English practitioners till I published an account of it, and of animal magnetism, as an appendix to my work on the medical institutions of the continent, about five or six years ago; and when this latter importation came into fashion for a short period, a new edition was required, to which I added some notes on the influence of the mind on the body, as illustrative of the principal mode of action of these two pretended remedial means. With respect to magnetism, there is no doubt that an influence may be exerted by some individuals over others: this has long been admitted, and is exemplified in the language of the eye, of expression of countenance, of gesture, &c., and that certain actions or movements, performed wiih the intention of causing some effects, will occasionally produce a certain state of the nervous system, approaching to sleep or somnambulism; but I stated in my small work,* that an essential condition of any such effects being produced was, that the individuals operated upon should be aware that the manœuvres were being performed, and that they were intended to produce some effect. At a visit which I made to the North London Hospital, during the time when the experiments on the patients in that establishment

* Animal Magnetism and Homœopathy, with Notes illustrative of the influence of the mind on the body.—London 1838. Whittaker and Co.

were so much talked about, I stated this opinion to Dr. Elliotson; and the trial was made on a man, who, on the passes being performed before him, always fell into a state of apparent insensibility. When, however, he was magnetised from behind, *without being aware of it*, not the slightest effect was occasioned. I waited for some time, when, seeing the man as *eveillé* as ever, I took my leave. The subsequent experiments made by Mr. Wakley on the two girls, with respect to substituting other metals for the nickel, which was supposed to have great magnetic power, likewise fully corroborated my opinion.

A railroad is now completed from Leipsic to Halle and Magdeburg, which is intended to be continuous with the one from Berlin. My route, however, last spring, was towards Frankfort by Weimar and Gotha, making a slight detour to Jena, which is a little town in a romantic position, principally celebrated on account of the battle which took place in its neighbourhood, and likewise as the seat of a university. The students were formerly very turbulent; but since 1830 there has been scarcely any disturbance except occasional duels, which are also less frequent than formerly. The Burschenschaften, in fact, appear to be practically abolished in almost all the German universities. The number of students at Jena is about five hundred. After lecture hours they are seen strolling about the town or country, each with his long pipe, and generally two or

three together; one arm being lovingly entwined round the neck or waist of their comrade. The building now appropriated to the university was formerly the castle; it contains a public hall for examinations, a library, mineralogical, zoological, anatomical, and pathological museums, the latter under the superintendence of Professor Huschke.

Weimar is a handsome, cheerful-looking town, which has long been the resort of distinguished literary characters; Goëthe and Schiller resided here several years; the house of the latter is still shown, his rooms being left in the same state as at the time of his death. The remains of these two illustrious men lie side by side, in the ducal vault beneath the chapel attached to the new cemetery. The coffins may be seen through an iron grating. Here, as at some other places in Germany, bodies are exposed to view after death, for a certain period; a string is attached to the fingers, which, on the slightest movement, sounds an alarum in the porter's lodge. I inquired how many times the alarm had sounded since the formation of the cemetery, twenty-two years ago, and was informed not more than three or four times, and even on these occasions the persons were found to be actually dead, but that the alarm was caused by the abdomen, on which the hands are always laid, having become slightly flattened or distended. The opera is said to be well conducted at Weimar. The grounds near the chateau are extensive, well shaded, and park-like; the printing establishment

of books and maps of Dr. Froriep will repay the trouble of a visit.

Proceeding from Weimar to Gotha, you pass through Erfurt, and may visit *en passant* Luther's cell, and one or two other objects of interest which this town contains. At Gotha the chateau, standing on an elevated position, and surrounded by gardens, is the chief attraction. It contains a rich museum and a variety of curiosities, among which are the hats, boots, and gloves worn by Napoleon at the battle of Leipsic. Near Eisenach is the Castle of Wartburg, in which Luther was concealed under an assumed name. The Ritter-saal contains several fine suits of armour: the view from the windows is beautiful and extensive. From Eisenach to Frankfort there is little to attract the traveller's attention.

CHAPTER XVI.

Stuttgard—Wildbad—Baden—Heidelberg—Mannheim—Frankfort—Nassau—Wisbaden—Schwalbach—Ems.

STUTTGARD, the capital of Wurtemburg, is pleasantly situate in a valley surrounded by hills on which the vine is cultivated, and, with the numerous white country-houses in its environs, looks well from a distance. It does not, however, contain more than thirty thousand inhabitants, and would be but a dull place for a protracted sojourn. There is but little to interest the passing traveller at Stuttgard. The palace is surmounted by an enormous crown, in bad taste. The interior is handsomely but not gaudily furnished. The old palace in the centre of the square has been, since the construction of the modern one, appropriated to government offices. The *atelier* of Dannecker, who is considered one of the first German sculptors, is usually visited by strangers: it contained, however, at the time of my visit, little else than two busts of Goëthe and Schiller. The Ariadne,

which is the best production of this artist, is at Frankfort, and forms one of the lions of that city. The gardens of the palace are extensive, prettily laid out à l'Anglaise, and are open to the public: they terminate at Rosenstein, the summer palace of the king, two miles from the town, of which it commands a good view, as well as of the course of the Neckar. The interior is prettily fitted up.

A few hours' drive from Stuttgard will bring the traveller to Wildbad, which was brought into notice among the English about four years ago, by the praises of its waters in Dr. Granville's "Spas of Germany." During the last season or two, however, the number of those who have resorted thither have considerably diminished, many persons having been disappointed, not only in the place itself, but also in the benefit which they anticipated their health would derive from the use of its baths: in fact, though a good deal improved of late, Wildbad is a mean-looking little town in one of the most sombre valleys of the Black Forest, and offers little or no resources for amusement. The character of its waters is simply thermal, and of the kind which the Germans term chemically indifferent springs, that is to say, containing but a very minute portion of saline or gaseous substances. The water is in composition very like that of Chaud-fontaine near Spa, and some others of which I have spoken in my work on the "Baths of Germany," and its medicinal action is of course very analogous, though this class of springs, as

well as others, varies materially in their effects upon individuals, according to their situation and locality, which circumstances I have fully considered in the above-mentioned work.

Baden-Baden is about seven leagues distant from Wildbad, a carriage road having been constructed within the last three years across the mountains. This celebrated watering-place lies partly on the acclivity of a hill on which stands the chateau, and partly in the valley, which is disposed in meadows, cornfields, and orchards, and is surrounded on all sides by lofty hills, clothed to their summits with beech, oak, and pine. The little river Oos "with gentle murmur glides" through the valley, diffusing fertility around, and on many of the lower eminences the vine is cultivated.

Baden possesses the advantage of numerous shady walks, both in the valley and among the hills, without which the heat in summer would be excessive. The public pleasure-ground is agreeably laid out in parterres of shrubs and flowers, through which serpentine many pleasant paths, sheltered by rows of acacias and chesnut-trees. The Conversation-haus, where reunions for restauration, dancing, and gaming take place, has been elegantly fitted up within the last few years. Play is a great inducement for many objectionable characters to resort to Baden, and on that account it is not so much frequented by families of the higher classes as it would otherwise be. There are, likewise, opened in the pleasure-ground, dur-

ing the season, numerous booths for the sale of prints, trinkets, &c. The town is clean and cheerful-looking; it contains upwards of five thousand inhabitants, and could receive nearly an equal number of visitors at a time. Many new houses and hotels have been built within the last four years, and the accommodations have been altogether greatly improved. The principal hotels are the Badischen, Englischen, Zahringen, and Russichen Hofs. There are likewise several other large hotels, which have baths in the house. The Church of England service is performed during the season.

As only one good carriage road passes through the valley, excursions are usually made on foot or on donkeys. The fine oak avenue leading to the village and convent of Lichtenthal is the most frequented afternoon drive. Among the most interesting objects in the environs may be mentioned the Jagd-haus, the ruined castle of Ibourg, and the castle of Eberstein, overlooking the picturesque valley of the Murg. Many delightful paths have likewise been made among the hills. One of the pleasantest is that leading to the extensive ruins of the old castle, which forms a prominent object in the view from below, and whence the eye ranges over a beautiful prospect of the pine-covered hills of the Black Forest on the one side, and on the other, of the plains extending to the Rhine; beyond which towers the lofty and elegant spire of Strasburg Cathedral.

A few English families have, during the last few years, passed the winter at Baden, where, as at every other watering-place out of the season, houses and apartments may be hired at a very low rate. It is not, however, on the whole, very eligible as a winter residence, for though it be in great measure sheltered from cold winds, yet, after rain, the ground remains long wet, and the dews in autumn are generally very heavy. Provisions and other necessaries are likewise very scarce, except during the season, and many of the essential articles of consumption require to be sent from Carlsruhe.

The road from Baden to this last-named town is wide, smooth, and bordered with fruit trees. After a four hours' drive, and passing through Rastadt, you approach the capital of the duchy by a fine avenue of trees, through pleasure-grounds which are the daily resort of the inhabitants. Carlsruhe has been built little more than a century, and is entirely dependent on the grand ducal court. The streets are spacious and regularly built, the houses white and new-looking. The palace is a handsome edifice, occupying, with its dependencies, one side of the principal square, the area of which is planted with shrubs and trees, and whence some of the principal streets diverge. The number of inhabitants is about sixteen thousand, besides the military, who are numerous in comparison to the size of the town. Beggars are seldom seen in this or in other towns on the Rhine.

On quitting Carlsruhe, a fine avenue of poplars, two miles long, leads to Darlach, beyond which you travel through a beautiful and fertile country by the Bergstrass, the finest road of Germany. Posting is good, and the horses are for the most part fine powerful animals, not overworked; they wear no blinkers, and are thus enabled to keep an eye on the drivers whip-arm, accelerating or slackening their pace according to its state of motion or repose. The environs of Heidelberg are a perfect garden, producing abundance of grain and fruit, while "the vine, the merry cheerer of the heart," ripens on many a sunny slope, and, though no longer contributing to fill the "tun," still diffuses its inspiriting influence throughout the land.

Heidelberg is placed on the left bank of the Neckar, at the foot of a chain of hills extending up the valley, and is overlooked by the extensive and picturesque ruins of the castle, formerly the residence of the Electors Palatine, and one of the most interesting objects in Rhenish Germany. The castle was built of the reddish sandstone with which the neighbourhood abounds, and which still serves for the construction of many of the buildings in this part of the country. From the terrace a delightful prospect may be enjoyed

> "O'er vales that teem with fruits, romantic hills,
> Whereon to gaze the eye with joyance fills;"

as also of the placid Neckar, and of the rich

plain through which "Father Rhine" pursues his steady but rapid course.

The town is old, clean, and cheerful-looking, and may be an agreeable place for a temporary sojourn. The population amounts to about twelve thousand individuals, Catholics and Protestants, between whom religious differences excite no feelings of animosity; both, in fact, use the same church for public worship. The university is but thinly attended; the present number of students does not exceed five hundred. They have latterly been politically quiet, but duels among themselves are of very common occurrence; almost every third or fourth of them has his face disfigured by a scar. It is seldom, however, that these duels prove mortal, on account of the precautions taken beforehand; to prevent such an occurrence, a surgeon is paid by the state to take care of the wounded. Professors Tiedmann and Chelius are attached to the medical school, which is on that account highly estimated in Germany.

A railroad has recently been constructed from Heidelberg to Mannheim. Half way between these two towns are the mosque gardens and fountains of Schweitzingen, constructed in the middle of last century by the Elector Theodoric. Mannheim, like Carlsruhe and Darmstadt, is a town of modern erection, being scarcely more than a century old. It stands on the right side of the Rhine, is connected with the opposite bank by a bridge of boats, and has at first view rather an attractive ap-

pearance—the streets are wide, well paved, and built in straight lines—the houses white and stuccoed, and there are three or four spacious squares. The palace is rather an imposing structure, enclosing a spacious court-yard: its interior contains a few good pictures. The gardens are extensive, prettily laid out, and terminate in a long terrace overlooking the Rhine. Several English families have taken up their residence at Mannheim, as living and house-rent are cheap, and there is usually a good deal of society in the winter. The theatre is tolerably good. The climate, however, in winter is cold and damp, part of the environs are marshy, and intermittent fevers are frequent among the inhabitants. I have known the health of some English persons to be materially deranged by a few months' residence at Mannheim. Steamers pass and repass two or three times in the day; the journey may now be made from Mannheim to Cologne in one day, and to London in less than four days.

The country between Heidelberg and Darmstadt is beautiful and fertile, though, as in France, no country-houses or detached cottages are to be seen, the population being congregated in towns and villages. The peasantry in this part of Germany are poor and hard-working, living chiefly upon bread, vegetables, and milk, or the inferior sort of Rhine wine. They appear, however, to be for the most part strong and healthy. Women are very commonly seen working in the fields till

a late hour in the evening. At Heppinheim you quit the duchy of Baden, and enter that of Hesse Darmstadt. The environs of Darmstadt abound in gardens and pleasure-grounds. A handsome avenue of limes leads up to the gate, and you pass through a fine wide street to the centre of the town. Darmstadt, like Carlsruhe, owes its existence to the residence of the ducal court. Its general appearance is handsome and court-like; not a shop is to be seen in the principal streets, which are spacious and well paved, crossing each other at right angles: the best street is the Rhein Strasse, leading from the square in which stands the palace to the Rhine gate, beyond which another magnificent vista of lime-trees extends for more than two miles along the road.

The approach to Frankfort is indicated by numerous handsome country-houses and gardens. The city itself does not contain many objects calculated to interest the passing traveller. The gardens around it, on the site of the old fortifications, are delightfully laid out with shrubs and parterres of flowers, and are the most usual promenade, a band of music being frequently in attendance in the summer seasons. One of the houses in the gardens, belonging to M. Bethmann, the banker, contains the Ariadne, by Dannecker, which is placed in a room with red curtains, the hue of which thrown upon the statue gives it a flesh-coloured appearance. Frankfort possesses an extensive and well-arranged museum of natural his-

tory, and a good theatre. Some of the streets are wide and handsome, and the houses palace-like, especially along the spacious quay on the Maine, and in the Ziel, which would bear a comparison with some of the finest streets in Europe. A stone bridge crosses the Maine, which is too shallow to admit of its being navigated by large vessels. The new burial-ground in the neighbourhood is somewhat on the plan of that at Bologna, but will never equal it in magnificence. A precaution is taken against premature interment, similar to that which I have already mentioned when speaking of Weimar. The population of Frankfort amounts to more than fifty thousand persons; nearly one-fifth are said to be Jews, who, however, are not now, as formerly, restricted to one part of the town. Frankfort possesses several advantages for a permanent residence. Being the seat of the Germanic Diet, there are representatives from all the great powers, and there is in winter a good deal of society among the members of the *corps diplomatique*, *rentiers*, bankers, and merchants. The church of England service is performed throughout the year by the chaplain attached to the British mission. The Casino is well supplied with periodical literature, among which are two or three of the London newspapers. House-rent and living, are, however, more expensive than at other towns in this part of Germany. The climate in winter is cold, and high winds are not uncommon. It is, however, on the whole, not an

unhealthy one for people in strong health, though it would not be advisable for invalids. The railroad to Mayence and Wisbaden was opened last year.

The duchy of Nassau, though small, is extremely beautiful, comprising within itself a great variety of scenery, while the richness of its soil in many parts, its extensive woods, its valuable and numerous mineral springs, and its vineyards, which produce some of the most esteemed kinds of Rhine wines, are never-failing sources of its riches. The most beautiful parts lie in the north of the duchy, about Limburg, the banks of the Lahn, the Rheingau, and some localities of the Taunus mountains. Most of the mineral springs and of the forest lands belong to the duke, who is said to be one of the richest sovereigns in Europe. He is about twenty-three years of age, extremely intelligent and well informed, and is generally popular among his subjects. The air of the duchy is light and healthy, and many of the inhabitants attain an advanced age. The great majority are Protestants. The labouring classes are sober and hard working: they are all educated so as to be able to read and write; and though many of the peasantry are extremely poor, there is no appearance of absolute destitution, and begging is very rare. Wisbaden, the capital, stands "embosomed in a happy valley," encircled by low cultivated hills, behind which, on the north and north-east, rises the range of the Tau-

nus mountains, clothed with pine and other trees, the dark foliage of which forms a pleasing relief to the verdure of the valley and the white buildings of the town. The old part of the town presents nothing particularly remarkable, but the appearance of the Wilhelms Strasse, a handsome row of new houses fronting the promenades, is striking. Many other new streets, as well as isolated public buildings—among which is the ducal palace in the centre of the town—have been erected within these few years, and the accommodations for visitors now leave little to be desired.

The Curhaus der Vier Jahrszeiten, or principal hotel and bathing-house, perhaps the most extensive establishment of the kind on the continent, forms one corner of the Wilhelms Strasse, and one side of a square, on the opposite side of which stands the new theatre, a handsome building, where there is always a good company of performers during the season—at which period, also, concerts and exhibitions are given, by artists of celebrity from other towns in Germany—or returning from London. Across the road is a grass enclosure bordered by avenues of limes, and on either side a colonnade for shops. At the extremity stands the Cursaal, an edifice which contains a magnificent saloon for halls and public assemblies, with smaller apartments for refreshment and gaming, which is licensed by government during the season, though the inhabitants of the

town are prohibited from risking their money. The visitors for the baths do not generally take an active part in the public balls, which are more particularly attended by the inhabitants and holy-day-folks from the neighbouring large towns. The *reunions dansantes*, which take place twice a week in one of the smaller rooms, are more select, and are generally preceded by a concert. The ground around the Cursaal and colonnades is laid out as a public garden, adorned with shrubs and flowers, and sheltered by acacias and other trees. From this pleasure-ground an agreeable path is continued by the side of a streamlet up the Valley of Sonnenberg, as far as the ruins of the ancient castle, two miles from Wisbaden.

> " In lieto aspetto il bel giardin s'aperse,
> Aque stagnanti, mobili cristalli,
> Fiori vari, e varie piante, erbe diverse,
> Apriche colinette, ombrose valli,
> Selve e spelunche in una vista offerse."
>
> *Tasso.*

Nothing, in fact, has been neglected to render Wisbaden the most frequented watering-place in Germany: the walks and drives are pleasing and varied; and from the rising grounds the Rhine, with Mayence, and other towns on its banks, are seen. The population amounts to upwards of ten thousand, consisting principally of *rentiers*, government *employés*, tradespeople, and those connected with the bathing establishments, most of which are in the neighbourhood of the Koch-

brunnen, or principal spring, which rises in an open space in the town, close to the acacia avenue, where the water-drinkers walk up and down in the morning, at which time an excellent band is in attendance. It is likewise usual here, as at other German watering-places, for a band to play during dinner-time at the principal tables d'hôte, though the music is frequently too noisy, and is not much relished by many of the English. The heat of the weather in July and August is at times very oppressive, and thunder-storms are not unfrequent, but are usually of short duration: the evenings are generally fine and pleasant, and the air on the hills is light, bracing, and well calculated to remove the oppression caused by the atmosphere of the valley. From its sheltered position, Wisbaden possesses a good winter climate for Germany, and is drier than that of Baden. A few English families have passed the last three or four winters at Wisbaden. House-rent at this time of the year is of course very low, compared with what it is in the season. The people appear to be industrious and contented. Sunday is with them a gala day; the shops continue open, as do the theatre and Cursaal, which are generally filled with visitors from Frankfort, Mayence, and other towns in the neighbourhood. On these occasions, some hundreds of persons dine at the tables d'hôte of the Cursaal, the Vier Jahrszeiten, and the Adler. Almost all the English remaining at Wisbaden and other places in Germany dine at the table d'hôte, private dinners being not un-

frequently composed of dishes warmed up a second time. One o'clock is the usual dining hour; but for the convenience of those who prefer to dine later, a four o'clock table d'hôte is provided at some of the principal hotels, the price being higher, and the dishes of a better quality.

The duke resides in the summer at Biberich, a chateau on the Rhine, about three miles from Wisbaden, where there is an extensive garden, to which visitors have free ingress. A ducal hunting-box, Die Platte, stands in a conspicuous position on an elevated ridge of the Taunus, and is usually visited by strangers. The apartments are tastily fitted up with furniture chiefly made of stags' horns; and several fine pairs of antlers hang around the hall, as trophies of the late duke's achievements in the chase. From the roof a fine prospect is obtained of an extensive tract of variegated country, including the course of the river for several miles, and the chain of the Bergstrasse mountains, with the woods of the Taunus and Wisbaden lying immediately beneath.

"Here waving groves a checquered scene display,
And part admit, and part exclude the day;
There interspersed in lawns and opening glades,
Thin trees arise that shun each other's shades;
Here in full light the russet plains extend,
There wrapt in clouds the bluish hills ascend."

Pope.

Those who are more particularly interested in the Wisbaden and other German mineral springs, may refer to my work already mentioned, in which

their properties are considered in a remedial point of view.

A two hours' drive from Wisbaden, passing through part of the Rheingau, will bring the traveller to the delightful and secluded little bath Schlangenbad, which consists of a large Nassauer Hof; the old and new bath-houses, likewise large edifices, capable of lodging many visitors, and four or five smaller hofs or lodging-houses. There is likewise an old rambling looking building, which served formerly as the public room, and where the attempt was made, during the last two or three seasons, to establish a roulette table. The hills by which Schlangenbad is enclosed are thickly wooded; numerous walks, easy of ascent, have been cut to points whence extensive views may be obtained. Those who require quiet and retirement, might pass a few weeks very agreeably at Schlangenbad, which, being higher and more shaded, is a much cooler residence than Wisbaden. The baths also, which, from their being but slightly mineralised, may be used by persons in health without risk, not only impart a pleasurable sensation at the time, but likewise a feeling of *bien être* for the remainder of the day. From the neighbourhood of Schlangenbad to Wisbaden and Schwalbach, there is a constant interchange of visitors between these baths.

Schwalbach is about an hour's walk from Schlangenbad, or a two hours and a-half drive from Wisbaden, through the woods of the Hohe Wur-

zel, one of the highest of the Taunus hills. This small town lies in a narrow valley enclosed between steep hills almost denuded of wood, which imparts to them, at first view, rather a cheerless aspect. There are few continental watering-places, however, which present more advantages for the temporary residence in the summer months of those who are desirous of avoiding the bustle and society of larger baths; especially should their health require the employment of chalybeates. Schwalbach lies considerably higher than Wisbaden, and though the town itself is at times hot in the middle of the day, when the sun's rays are reflected from the hills, yet the air out of the valley is extremely bracing; the ground soon dries after rain, and the walks and rides in the environs are highly beautiful and varied. Within the last few years the place is considerably improved in its appearance and accommodations, though the people are said to have become more *exigeans*. It must be borne in mind, however, that the season lasts little more than two months, after which several of the hotels and houses are unoccupied during the remainder of the year. Here, also, gaming-tables are established in the public rooms of the Allee Saal, the principal hotel, which opens out upon the Allee on a fine avenue of trees continuous with the public promenade, where two of the springs (the Weinbrunnen and the Pauline) arise; the third spring (Stahlbrunnen) is separated by a low hill from the others. Near the Weinbrunnen is

the new bath-house, which contains numerous commodious bathing cabinets, and a promenade room. As the waters of Schwalbach are cold, they require to be heated to the proper temperature for bathing, which is effected by means of steam. A colonnade extends the whole length of the building, beneath which booths are opened in the season for the sale of books, gloves, toys, &c.

About four hours are required for the journey from Schwalbach to Ems. The road is hilly till you arrive at Nassau, a pretty hamlet, delightfully situate on the right bank of the Lahn, which is crossed by a neat suspension bridge. On the hill overlooking the village are the ruins of the castle of Nassau, which, with the surrounding territory, was the original patrimony of the ancestors of the duke, and which now forms a prominent and interesting feature in the scene. From Nassau to Ems the road follows the course of the river as it winds between woody and cultivated hills.

Ems cousists of a long range of houses, built against hills which rise steeply behind it to a considerable height. This side of the valley is so narrow that there is barely the space for the road and the public promenade between the houses and the river. The principal building is the Curhaus, which stands in the centre of the village. On the ground-floor, the water of the two principal springs is drunk; between the two springs there is a long passage, on either side of

which are ranged stalls for the sale of fancy articles; the upper stories of the building are disposed in apartments, the price of each, as fixed by the government, being ticketed on the door, as this establishment belongs to the duke. The public garden opposite the Curhaus, though small, is prettily laid out. Within the last three years a handsome Curhaus has been constructed in place of the former public rooms, for assemblies and play. An excellent musical band performs in the garden morning and evening, at the hours of drinking the waters. The Russichen and Englischen Hofs, and the new hotel of the Vier Jahrszeiten, may be mentioned as the principal hotels. The lodging-house of the Vier Thürmen, a large isolated building, surrounded by a garden, at the extremity of the town, and the only private house containing baths, with a turret at each angle, forms a striking object in the picture of Ems.

The situation of Ems is eminently beautiful, and the neighbourhood possesses several objects of interest, to which excursions are usually made on donkeys, which are here numerous and well-conditioned, and without which many of the visitors would be unable to ascend the steep hills by which the valley is enclosed. From this cause and narrowness of the valley, there is a want of free ventilation, and the air is exceedingly oppressive and relaxing in July and August, so that it would not be an eligible residence at this time

for those who do not require its waters. The only road for carriages is the one passing through the valley from Coblentz, which is about twelve miles distant, or to Schwalbach, Wisbaden, and Frankfort, which is daily traversed by an eilwagen.

CHAPTER XVII.

Mayence—The Rhine—Aix-la-Chapelle—The Meuse—Brussels—Road to Calais.

MAYENCE is seven miles distant from Wisbaden, whence the trajet is made in five or six minutes by the railroad to Cassel, the fortress on the right bank of the Rhine, which forms part of the fortifications, and is connected with Mayence by a bridge of boats. Though belonging to the duchy of Hesse Darmstadt, Mayence is strongly garrisoned by the Austrians and Prussians, owing to its importance as a fortress of the confederation. It looks well from a distance, but possesses few interesting public edifices, except the cathedral, and only two or three good streets, the majority being narrow and irregularly built. A bronze statue of Gutenberg, of indifferent execution, has been recently put up in the market-place. The number of inhabitants amounts to about thirty thousand, exclusive of the military. A short distance from the town is a public garden, with a

platform overlooking the Rhine, at the point where the Maine flows into it, and commanding a good view of Mayence, its bridge of boats, part of the Rheingau, with the Taunus in the background. The military bands of the garrison play here alternately every week during the summer, on which occasions many of the Wisbaden visitors resort to Mayence.

Two steamers leave Mayence daily for Cologne, touching at Biberich, whence the journey to Rotterdam may be made in two days; small iron steamers likewise ascend the river from Kehl as far as Basle, though travelling by land would be more expeditious. With the exception of the part between Mayence and Bonn, the banks of the Rhine are flat, and present but little interest, so that many travellers quit the river at Cologne, and pass through Belgium to reach the sea, either by Antwerp or Ostend; which is perhaps as expeditious, since the railroad has been completed from Liege to these two towns, as the route by Rotterdam: the passage from Antwerp or Ostend to London is likewise shorter and better than that from Rotterdam.

On descending the river from Mayence, the palace of Biberich first attracts the attention, and looks well from the water. Further on, you pass the pretty towns Geisenheim and Rudesheim, where two of the most esteemed wines of the Rheingau are produced. The castle of Johannisberg on its vine-covered hill is likewise a prominent object in this part. Opposite Rudesheim

stands Bingen, whence persons not pressed for time will derive much gratification from ascending the beautiful valley of the Nahe, beyond Kreutznach, the waters of which have been a good deal in repute during the last few years. The scenery of this valley is of the highest order of picturesque beauty. At Bingen the Rhine, becoming narrower serpentines, rapidly past "many a rock which steeply lowers," crowned with castellated ruins; and hills cut in terraces for the cultivation of the vine, rising above neat towns and villages which adorn the banks: among these, Oberwesel, above which stands the castle of Schönberg, Boppart,* and St. Goar, which is overlooked by the ruined fortress of Rheinfels, are remarkable for the beauty of their position, the river at these points being hemmed in by the mountains so as to give it the appearance of a lake. Rheinfels was one of the most extensive of the fortresses on the Rhine, and was considered impregnable till it was taken by the French, by whom it was destroyed. It now presents a complete picture of desolation.

"Verbrannt sind Thüren und Thore
Und überall ist es so still,
Das alte verfallne Gemäuer,
Durchklettr' ich wie ich nur will."

* Overlooking Boppart stands Marienberg, formerly an extensive convent, now an establishment for the cold water cure. I have given an account of Marienberg, and of this method of treatment, in the appendix to the "Baths of Germany."

Marksburg, the only one of these castles which has escaped destruction, and is in a habitable condition, is now used as a state prison. It stands perched on the summit of one of the highest and steepest rocks, and is seen from a considerable distance. Further on stands Stotzenfels, which was recently presented to the king of Prussia, and has been put into repair, opposite the embouchure of the Lahn, whence an agreeable road leads to Ems. A little beyond Coblentz and its rocky fortress, Ehrenbreitstein rise upon the view.

Coblentz is a neat town, lying at the point of union of the Moselle and the Rhine, and is strongly fortified on every side. It contains about twelve thousand inhabitants. A bridge of boats crosses the Rhine, and connects the town with Ehrenbreitstein, whose precipitous rock, bristling with defences down to the water's edge, frowns defiance around, and is now considered to be impregnable.

Between Coblentz and Cologne the banks of the river are less hilly, but more fertile, and thickly wooded. Few rocky eminences or ruins are seen before arriving at the seven mountains; the highest of them is crowned by the "castled crag of Drachenfels," which immediately overlooks the river, whence it is seen to great advantage. On the opposite bank stands Godesberg, the last of the ruins; beyond which the river flows through a cultivated plain to Cologne.

Bonn is an ancient town, enclosed within walls, with narrow and badly-paved streets, and presents

nothing of sufficient interest to delay the traveller. The university enjoys a high reputation, and was founded in 1818 by the late king, on the model of the university of Berlin. The students are for the most part orderly and diligent. Their number is about one thousand. A fine avenue of trees leads to the castle of Popplesdorf, where there is a botanical garden.

Cologne, the chief city of Rhenish Prussia, contains fifty thousand inhabitants and a large garrison. Like Mayence and Coblentz, it is connected by a bridge of boats with fortifications on the opposite banks. It has only one square, and the streets are narrow and irregular, presenting altogether a sombre appearance. The cathedral, built in the old gothic style, is still unfinished, and, seen from a distance, appears like two separate buildings. Rubens was a native of Cologne; his portrait, and an inscription on the wall, indicate the house in which he was born. The crucifixion of St. Peter, a *chef d'œuvre* of this painter, is exhibited in one of the churches.

The country between Cologne and Aix la Chapelle is level and well cultivated. A railroad is in progress between these two towns, which will join that already completed from the sea to Liege; it is expected to be finished in two years. Aix la Chapelle is delightfully situate in a well-wooded and fertile valley, surrounded by gentle risings of ground covered with verdure. But little of its former magnificence now remains; the gates and walls have been demolished, and the ramparts,

planted with limes and chesnut-trees, now form an agreeable promenade. The number of inhabitants is about thirty thousand, and the town presents a stirring and animated appearance during the bathing season. The most remarkable public edifices are the Hôtel de Ville, and the cathedral or chapelle built by Charlemagne, where the ashes of this potentate till lately reposed. Two or three spacious new streets have been erected for the accommodation of visitors. The principal hotels and bathing-houses are conveniently fitted up, and are provided with requisite apparatus for douches and vapour-baths. The season begins in June, and terminates about the middle of September, after which period the coolness of the atmosphere would tend to counteract the operation of the waters. The Redoute is a handsome public room for balls, and where gaming is carried on; play is under the superintendence of government, an employé being always in attendance to prevent any of the inhabitants of the town from participating in the chances of the gaming-table.

The environs of Aix la Chapelle abound in pleasant drives and rides, which add greatly to its attraction as a summer residence. The most favourite place of resort of the inhabitants is Louisberg, a hill near the town, of which it commands a good view, as well as of the little town Borcette, and the richly variegated scenery of the surrounding country.

Shortly after leaving Aix la Chapelle for Brus-

sels you enter Belgium, and, before arriving at Liege, traverse a richly-wooded and beautiful undulating country, and from the high grounds may enjoy a series of delightful prospects. Liege lies between steep hills on the left bank of the Meuse: it exhibits all the bustle of a large commercial and manufacturing town, and has an aspect of great antiquity, the houses being old, most of the streets narrow, dirty, and irregularly built. The principal manufactories are iron work, especially fire-arms. On the hill above the town stands the citadel, which is strongly fortified. Persons who are more gratified in viewing beautiful scenery than in hurrying through a country, should take the route to Brussels by Namur. The valley of the Meuse between this town and Liege is full of pastoral beauty and richness. The river flows placidly through scenery diversified by corn and meadow land, among which villages and neat farm-houses are thickly scattered, low woody or cultivated hills, sloping downwards to the water's edge, and precipitous sandstone rocks, whose grayish hue presents a pleasing contrast with the verdure by which they are surrounded. At Huy you cross the river by a neat stone bridge, and pass beneath a fort built in 1815 by the allies; which crowns an eminence, and commands the bridge, and the road to Namur. This town is strongly fortified by a citadel and extensive works crowning the heights which overlook the river; and by ramparts and a double fosse extending round it on the land

side. Its streets are narrow and dirty, and the population amounts to about twenty thousand persons.

The road to Brussels here quits the Meuse, passing through a populous and highly cultivated country, the pretty hamlet of Waterloo, and the battle field, which is now the most productive land in Belgium.

"How that red rain hath made the harvest grow!"

The farm of La Haye Sainte stands on the roadside; its walls still bear visible marks of the conflict. Before arriving at Brussels, you pass through "dark Soignies" wood, and the village of Mount St. Jean; in the church are marble tablets inscribed with the names of some of the British who fell in the action.

Brussels presents the stirring and animated appearance of a large capital, though its population scarcely exceeds eighty thousand persons. Spacious boulevards, embellished with ranges of handsome houses, encircle the town; the principal streets are wide, regularly built, and lined with showy shops. The Place and Rue Royale, in particular, have a handsome and courtly appearance, and, together with the park, form a splendid *coup d'œil*. The park, though small, is pleasantly laid out, and the walks are well sheltered by lofty trees. At each end stands a royal palace, which seen through the vista of trees produces a good effect. One of these, the palace of the Prince of Orange,

contains richly-decorated apartments, and beautifully inlaid floors, and is generally visited by strangers. Among the most interesting public edifices are the church of St. Gudule, an ancient gothic structure, somewhat resembling, in its exterior, the cathedral of Nôtre Dame at Paris; and the Hôtel de Ville, likewise a fine specimen of gothic architecture, of which the extensive façade adorned with finely sculptured fret-work, and the lofty elegant spire, are strikingly beautiful.

There are at Brussels several large printing establishments for the reprinting at a cheap rate of French and English works in light literature, and science. There are fewer errors than might be expected in these editions, which are exported to various parts of Europe, though their entry into France is strictly prohibited.

In the immediate neighbourhood of Brussels is the geographical establishment, founded by an individual in 1830, for lithograph maps and engravings, and the construction of globes of various sizes. Attached to it are a botanical garden, a museum of natural history, and a large room for the delivery of lectures on various scientific subjects. A little beyond this institution stands the palace of Lacken, the usual residence of the king. The Belgians resemble the French in several points of their character. The inhabitants of Brussels are, however, more religious than the Parisians. They are for the most part Catholics, and the clergy have considerable influence, not

only over domestic life, but also in public matters. There has long been a large colony of English at Brussels, which may be in many respects likened to Paris on a small scale: the chief advantage which it presents over the French metropolis is in the greater cheapness of house-rent and living. The winter climate is perhaps one of the least eligible, as compared with other towns frequented by the English on the continent.

The railroad conveys travellers from Brussels to Antwerp in about an hour, through a level fertile country, intersected in many parts by canals. Antwerp has an antique and rather sombre appearance; the houses are built in the old Flemish style, with their gables fronting the street. At the corner of several of the streets the figure of the Virgin and Infant may be seen, as in Italian towns. The quays along the Scheldt are broad and handsome; several basins for the repairing of shipping communicate with the river. Steam-boats leave Antwerp twice a week for London, and generally start about mid-day, as here, as well as in London, they have no occasion to wait for tide, which must be the case at Ostend and other sea-ports. Many of the women at Antwerp wear rich black silk scarfs, termed *camelots*, to cover their head and shoulders, over which the *camelot* descends in the mantilla fashion. This costume has been continued since the time of the Spanish occupation of the Netherlands. It is, however, now very much

superseded by French fashions, and is mostly confined to old or middle-aged ladies.

The principal object of interest to the passing traveller is the cathedral, one of the finest specimens of Gothic architecture extant, which, however, is not seen to advantage, on account of shops and other erections being built up against it. In the interior, the large picture of the "Descent from the Cross," a *chef d'œuvre* of Rubens, will immediately attract attention. There is, likewise, another picture, the Elevation of the Cross, by the same artist, which, however, is inferior to the former. From the summit of the building, an extensive panorama is displayed to the view of the town; the course of the Scheldt, Brussels, Ghent, and other towns. The citadel, and the position occupied by the French during the siege, are likewise best seen from this point.

The sea passage from Antwerp to London is very little more than that from Ostend, as there is five or six hours' navigation of the river. The Antwerp boats are likewise superior to those which go to Ostend.

Those persons, however, who dislike a long sea passage, and are not particularly pressed for time, will do well to proceed from Brussels to Calais, which only requires an additional day's posting, instead of going from Brussels to Ostend. The scenery of this route is in some parts highly interesting, being agreeably diversified with wood, cultivated lands, and neat farms. You pass through

the strongly fortified frontier towns Ath and Tournay, and soon after entering France arrive at Lille, a well-fortified commercial and dirty-looking town, with a population of sixty thousand inhabitants: a few posts further on, you enter Cassel, a neat little town, situate on the hill of the same name, whence you may enjoy a most extensive prospect of the plains of Belgium, Flanders, and Picardy. In clear weather there may be seen, besides innumerable villages, the towns of Dunkirk, Ostend, Bruges, Courtray, Lille, and St. Omer, together with the sea, in the extreme distance.

"That pale, that white-faced shore,
Whose foot spurns back the ocean's roaring tides,
And coops from other lands her islanders;"

to which

"Where'er we go, whatever lands we see,"

we always return with increased pleasure after our continental wanderings.

The country between Cassel and Calais is pretty and rather hilly. St. Omer is a strong town, containing about twenty thousand inhabitants: the streets have a triste and deserted appearance. A few English families have taken up their residence at St. Omer, which presents no other advantage than the cheapness of living. The environs of Calais are flat, and totally devoid of interest. The town, which has been termed an universal inn,

has a bustling appearance, caused by the constant arrivals. It offers, however, at the present day, little more inducement to the majority of travellers for delaying their departure, than it did to one of Ariosto's heroes, when on his embassy from the camp of Charlemagne to England, who, we are told,

"... a Calesse, in poche ore trovossi
E giunto, il dí medesmo imbarcossi."

APPENDIX.

It is not my intention in this place to enter upon the general consideration of the influence exerted by different localities and climates over the health and appearances of individuals, as this would of itself require a volume. Every one, however, will have remarked the striking differences which are observable in various classes of the community, according to the quality of the air they breathe, and the nature of their avocations. What can be more marked than the contrast which the inhabitants of a marshy plain presents to the dwellers upon the mountains by which that plain is surrounded, or than that which is presented between agriculturists, sportsmen, and others who reside in the country, take active exercise, and are constantly changing the air; and the pallid countenances, and deficient muscular energy, exhibited by those inhabitants of a metropolis or of a large manufacturing town, who, during the greater part of the day, inhale the close and vitiated atmosphere of workshops and

counting-houses? Who has not noticed the difference in the appearance of many of the higher orders of society, especially of the ladies, on their arrival from the country, and at the close of the London season, after they have been for three or four months exposed to the combined agency of the want of proper muscular exercise, the breathing little else than the air of their own houses, or of crowded rooms; and of the high nervous excitement consequent upon a life of pleasure? What a difference also do not the diseases of those various classes of persons present! How differently, again, is not the same person affected in health and feelings, according to the state of the atmosphere; its warmth or coldness; its humidity or dryness, its variation with respect to the amount of the electric fluid with which it is charged? This influence of different localities and states of the air has been observed from the earliest periods, and consequently travelling and change of air have always been regarded as powerful and efficient agents in the removal of disease and the re-establishment of disordered state of the health.

It is not, however, merely the breathing of a warm or cold air, a dry or a damp one, which requires to be considered in a remedial point of view, but also the action of these states of the atmosphere upon the surface of the body, and consequently upon internal organs. Every medical man is aware of the close sympathetic relations existing between the skin and internal parts, especially the mucous

membranes and the thoracic and abdominal viscera, of which the bronchial, pulmonic, or enteritic irritations and inflammations, induced by a chill, exposure to wet, &c., are familiar examples. In winter it is well known that an increased flow of the renal secretion takes place, and that there is a corresponding diminution in the amount of the insensible perspiration, whereas in summer the reverse occurs, and we are more inclined to be thirsty on account of the increased excretion from the skin. When, therefore, we consider the coldness, variableness, and humidity of the climates of Great Britain and Ireland during a great portion of the year, we at once perceive a cause of the great prevalence among us of many diseases, especially catarrhal affections, pulmonary consumption, rheumatism, &c., which so frequently resist the efforts of medicine, and in the removal or alleviation of which a change to localities where these causes can be, in great measure, obviated, is most likely to prove efficacious.

But the directly existing causes depending upon the state of the atmosphere, and other physical agencies, would, in many cases, be insufficient for the production of disease, were it not that the body is frequently rendered more susceptible to be affected by them, from predisposing causes of various kinds, which, being slow and gradual in their action, seldom attract attention, and their avoidance or removal (even when practicable) is consequently too often neglected, till the general

health has become materially impaired. A too sedentary mode of life, and the want of proper and daily walking exercise, is a common predisposing cause of disease, whence the free circulation of the blood is impeded, and a congestive state of particular organs is induced, with a deficiency of blood in the others, and consequently an arrest or alteration of various secretions. Few persons who take regular and sufficient walking exercise are subject to cold feet, which is so common a complaint among females in the higher ranks of life. The want of due expansion of the lungs in inspiration, which is also a consequence of sedentary habits and of tight lacing, not unfrequently predisposes to diseases of these organs, especially to consumption, the tendency to which has in several cases been removed by exercise, which brings the muscles of respiration into action, as rowing, the use of dumb-bells, &c. Anything which lowers the powers of the system, as dissipation, fatigue, a diet of an improper or a too exciting nature, renders the body more liable to be affected by deleterious external agencies. Anxiety, disappointment, and other distressing moral influences, act in the same way, and these causes are more frequently instrumental in the production of disease than is generally supposed. Hence, travelling, change of air and scene, tend materially to prevent or counteract the operation of the above-mentioned causes, by the greater facility and inducements which are offered, in most of t he places of

resort on the continent, for being more out of doors. The cheering influence upon the mind of clear skies and sunshine in winter; the interest excited by scenery of a novel and magnificent character, or by works of art, &c., are powerfully calculated to divert the mind from dwelling upon unpleasant or gloomy ideas, and consequently to procure the removal of many diseases, especially when induced by, or connected with, circumstances of a mental nature. On this principle, travel and change of air were not unfrequently recommended in the earlier periods of history, and their influence is thus alluded to by Shakspeare, with reference to Hamlet's malady:

> "Haply the seas and countries different,
> With variable objects, shall expel
> This something settled matter in his heart,
> Whereon his brain, still beating, puts him thus
> From fashion of himself."

Some diseases, however, even when of a chronic nature, and induced by the action of the above-mentioned predisposing and existing causes, would not be alleviated by change of climate, which requires much discrimination, and consideration of the circumstances in individual cases, not only with respect to the choice of localities for a temporary residence, but also as to whether the case be one which admits of being benefited by removal from home; and before the subject of climate was so well understood as at present, numerous invalids were sent abroad, who should

never have quitted their homes, and many were recommended to places perhaps the least adapted to their cases. In some, again, the excitement and inconveniences attendant upon travelling, and the separation from friends, would more than counterbalance the advantages of climate; which, as Sir James Clark justly remarks in his standard work, is not to be considered in the light of a specific remedy, but is chiefly beneficial by its placing persons in the most favourable situation for the removal of their disease. "All," says Sir James, "is trusted to the air, relaxation from business or amusements, and when these are withdrawn, the dyspeptic and nervous invalids lapse rapidly into their former state." Other remedial means are consequently required, in the majority of cases, to be conjoined with climate, for the complete cure of several diseases, as the judicious employment of medicines, and of mineral waters and baths during the summer months. The latter class of remedial agents is especially calculated to remedy visceral obstructions and congestions, and to prepare the way for the invalid's subsequently obtaining the full amount of benefit which climate is capable of affording, and without the previous employment of which, climate would often produce only a temporary advantage. The combined influence of these powerful remedial agents, (mineral waters and climate,) by their gradual and alterative operation, is eminently adapted to the treatment of a large proportion of

chronic diseases, and is much more likely to effect their permanent removal than the employment of pharmaceutical measures. Great attention with regard to diet and regimen is also requisite on the part of invalids who have recourse to these means for their health.

Having already endeavoured to indicate in general terms the diseases to which I consider particular localities best adapted, I will in this place merely subjoin a few additional remarks on them.

Diseases of the lungs and air-passages.—The quality of the air which is inspired into the lungs is a point of as much consequence in chronic pulmonary affections, as would be that of the aliment introduced into the stomach when this organ is in a diseased state; and unless a circumstance of such paramount importance be attended to in the treatment of these affections, the powers of medicine will frequently be of little avail, or will only be capable of alleviating urgent symptoms; though it not unfrequently happens that by a too exclusive reliance upon them, diseases which might have been cured by the change from a vitiated to a purer atmosphere, combined with a proper regimen, become irremediable, and recourse is had to climate as a last resource; when it is but too obvious that medicine is powerless in arresting their progress. This remark more especially applies to consumption, which occasions annually so great a mortality among all classes in Great Britain, but which may often be effectually

checked in its earliest stage—especially among those individuals who have the means of selecting or changing their place of residence, as circumstances may require—by a suitable winter climate, regimenal and medicinal management. When the disease is fully confirmed, and attended with its more characteristic symptoms, little or no permanent benefit can reasonably be expected from climate, and a long land journey would be decidedly prejudicial. Under these circumstances, there are several places in England where as much benefit may frequently be obtained as from the climates of the continent. Thus, in pulmonary diseases attended with much excitement and general irritability of the vascular system, the warm and humid atmosphere of Devonshire, would probably be the best adapted to the case; or the more sheltered parts of Clifton Undercliff, or Hastings; while, in those cases where there is less susceptibility to cold air and a more torpid circulation, the higher localities of Clifton—Brighton in the early part of the winter—or St. Leonard's near Hastings, might be preferable. In many cases, again, especially in the early stage of this disease, great advantage, if not a permanent cure, may be obtained by a sea voyage, and by the climate of Madeira, which also, in the more advanced stages, holds out, perhaps, a greater prospect of life being prolonged for a few months, than any other locality, though under these circumstances it would scarcely be advisable to recommend a removal

from home, and separation from friends. Dr. Mason, one of the resident physicians, says of Madeira, that it possesses "many of the characteristic peculiarities of a tropical climate, without being baneful or fatal to health, like the West Indies. The mean temperature of the year is higher than the temperature of summer in England, while the temperature of the seasons is very equable and only oscillates from 59 to 69 deg., or, according to other observations, from 62 to 73 deg. Fahrenheit."* Madeira, therefore, would, on account of the warmth and fineness of the weather in winter, the equableness of its temperature, and comparative freedom from cold winds, be the most advantageous locality abroad for the majority of consumptive patients, who must, for the most part, make up their minds to residing on the island throughout the year, or, should they go to England for a few weeks in the summer, to return on the approach of winter, as a climate of this kind would have the effect of rendering those accustomed to it, like a hot-house plant, extremely susceptible to the atmospherical variations in other parts. It would, therefore, be advisable, even when a complete cure appears to have been effected at Madeira, that the person should pass a winter at Pau, Rome, or Nice, according to circumstances, and taking precautions to guard against the transitions of temperature, previous to wintering in England. When there is merely a general deli-

* Medical Almanack for 1839.

cacy of the constitution, with a predisposition to consumption from hereditary tendency, or a strumous diathesis, Nice, Pisa, Rome, or Naples, would often be preferable to Madeira. The above remarks are also applicable to affections of the bronchia and larynx, which are sometimes difficult to be distinguished from phthisis, even with the aid of auscultation and percussion. I need not, therefore, add anything further to what has been already said respecting them, except that in many cases of pulmonary and bronchial disease the use of the mineral waters of Cauterets, Eaux Bonnes, Ems, Weilbach, Selters, &c., in the summer, will be attended with the greatest advantage.

Disorders of the Digestive Apparatus.—These affections, in the different varieties which they present, are for the most part, when of long duration, capable of being materially benefited by climate, especially when preceded or accompanied by a course of mineral waters. When indigestion depends upon an irritable state of the alimentary canal, with a tendency to inflammatory action, by bathing in and drinking a slightly mineralized thermal water, (as Baden, Wildbad, Schlangenbad, St. Sauveur,) during part of the summer, and subsequently repairing to Pau, Rome, Florence, or Pisa, for the winter, a perfect cure, or at all events a considerable degree of amelioration, may be looked for in most cases. Where there exists principally a morbid susceptibility of the nerves of the stomach and bowels, the above-mentioned or

similar waters may likewise be recommended in some cases; in others, more benefit will be derived from an alkaline water, as Ems, or even from a light chalybeate. In those cases where the chief defect is a want of tone of the digestive organs, as frequently occurs in elderly people, and also in some young ones, the waters of Wisbaden or Ems, or the cold acidulous and tonic ones of Kissingen, Fachingen, Bruckenau, or Schwalbach, according to circumstances, and the climates of Nice, Florence, or Naples, will generally be attended with the most advantageous results. In most of the disorders of the digestive organs, the moral influence of travelling through interesting countries, and the mind being exempted from anxiety and the cares of avocation, (which perhaps were mainly instrumental in causing or prolonging them,) will likewise produce a most beneficial effect.

Old East or West Indians, or other persons whose health has been deteriorated by a residence in unhealthy climates, though they may not be labouring under actual disease of any particular organs, will mostly derive great advantage from a course of mineral waters, and wintering in Italy before residing in England. I have known several who have returned from India, and whose health has become seriously impaired, which I consider to be in great measure owing to the sudden change from the climate and mode of living of India to those of England, which persons in advanced life, or in an impaired state of health, are ill calculated

to bear. Such persons will frequently find the advantage of becoming acclimated to Europe, by passing the first winter or two in the south.

Hypochondriasis is closely allied with derangement of some part of the apparatus of digestion, of which it is in many instances a consequence, though not unfrequently a cause of such derangement, and occasionally exists independently of it. Hence the divisions of this complaint into the material and the nervous, which require a different mode of treatment, though climate produces an advantageous influence on both. In the former kind, medicinal means to remedy existing local disorder require to be adopted. Of the mineral waters best calculated for this purpose, I may mention Carlsbad, Marienbad, Wisbaden, Homburg, Kissingen, Leamington, employed according as circumstances in individual cases may indicate; and this class of remedies is better adapted for the treatment of this complaint than medicines, inasmuch as their operation is general, without over-stimulating particular organs, (which is very commonly the case in the exhibition of drugs,) and the medicinal action is combined with the effects on the mind, produced by novelty of situation, change of air and mode of living, amusements, &c. In the purely nervous kind of hypochondriasis, where the disordered digestion appears to be a consequence of the morbid susceptibility of the nervous system, the cold waters of Marienbad, Kissengin, in some cases; Fachingen,

Bruckenau, and other chalybeates, in others; will be more applicable than the thermal springs: and the climates of Nice, Naples, Malta, and Pau, will generally be found to be productive of great advantage. Pau, Florence, or Rome, for a short period, will sometimes be better than Nice or Naples, in the first variety of the complaint, especially if there be much general excitability of the system. This class of patients will, however, frequently derive more benefit by passing the winter between two or three of the above-mentioned places, than by remaining several months in any one of them.

GOUT and RHEUMATISM are, perhaps, more than any other class of diseases, capable of being relieved by climate, subsequent to the proper employment of baths of mineral water. I have had several opportunities during the last few years of seeing persons labouring under that disease derive the greatest advantage from these last-mentioned remedies, which has been partly or altogether lost by their passing the subsequent winter in England or Ireland, and exposure to a cold and humid climate; though in many cases, on the other hand, the advantage has been permanent, notwithstanding these drawbacks. By a warm winter climate, the effect of the baths is, in fact, in great measure kept up till the ensuing summer, or at all events it is not counteracted by the impression of a cold and damp atmosphere upon the lungs and skin; though perhaps a greater degree of precaution is

required on the part of invalids with respect to regimen, and guarding against the transitions of temperature, in the south of Europe than in Great Britain. Gouty patients, when of an irritable habit, or where there is much tendency to inflammatory attacks, will generally find Pau or Rome agree better with them than either Nice or Naples, which, however, will be best adapted to certain other cases, where these counter-indicating circumstances do not exist. Rheumatic patients will often be benefited by passing November, December, and January, at either of the last-mentioned towns. They should, however, remove before the spring winds set in. For many of these patients Pau would not be so eligible, on account of its comparative humidity, neither would a prolonged sojourn at Rome be advisable.

Tic and Neuralgic Affections will likewise be frequently removed by a course of treatment similar to that above recommended, combined with local water or vapour douches. It is especially important in these cases to guard against exposure either to the heat of the sun, to cold winds, or to the night air, which are frequently instrumental in inducing a recurrence of the attacks. Nice or Naples may be recommended in some of these cases; in others these climates would be too exciting and Pau or Pisa would suit better. A prolonged residence at Rome would often be prejudicial, but a visit for a few weeks might in some instances be made with advantage. Florence, in

November and the beginning of December, would not be objectionable in most cases.

Paralysis.—The paralysis dependent upon apoplectic attacks, though, perhaps, not capable of being removed by climate or mineral waters, any more than by other remedial means, may yet frequently be relieved by these measures, and some of the distressing symptoms concomitant upon it may be essentially mitigated. For the cure and relief of some other kinds of paralysis, however, remedies of this kind are peculiarly adapted, and not unfrequently succeed, when all else has failed to render effectual service. When paralysis of a part supervenes upon repeated attack of gout or rheumatism, from exposure to wet, from over-excitement consequent on excesses, from the action of malaria, &c., there is great probability of recovery from the judicious employment of these means, according to the peculiar circumstances, in individual cases. In some cases, Rome would be the preferable place for a winter residence, though not when there exists a tendency to determination of blood to the head, or in persons of a full habit; in some cases Pau or Pisa would agree better than Rome; to others again, Nice, Naples, or Malta, would be better suited.

Scrofula.—In this disease, or the tendency to it, marked by languor and torpor of the general system, debility, pallid, unhealthy countenance, distension of the superficial veins, swelled glands, impaired digestion, &c., the influence of climate

will be strongly marked. It is well known to most practitioners in Great Britain, where strumous affections are so common, that the great majority of such patients get better in the summer, but become worse in winter, notwithstanding the most approved methods of treatment; that these affections are principally met with in their aggravated forms in cold and humid localities, and among the poorer classes, who live upon coarse and frequently unwholesome food, and are indifferently protected by their houses and clothing from the vicissitudes of the weather. Among the children who work in the close and impure air of manufactories in some of the large towns, this disease is almost endemic. Hence it may be supposed that climate is calculated to exert the greatest influence over it. In that form of the disease which is accompanied by general lassitude, torpor, and debility, languid circulation and digestion, enlarged glands of the mesentery or neck, yielding of the bones, &c., a somewhat exciting and dry climate like Nice or Naples would be most likely to be productive of advantage; but in those persons of fair florid complexion, quick irritable habit, and accelerated circulation, the above-mentioned localities would very likely disagree, and Pau, Rome, or Pisa, according to circumstances, would be preferable, particularly if there should be cough or other symptoms of pulmonary disease, in which case Madeira would also be likely to render service.

Elderly people who are approaching, or who have passed, the grand climacteric, in whom there is a general failure of the powers of the system, will frequently derive the greatest advantage from mineral waters in the summer months, and an habitual residence in a southern climate in the winter, where they can enjoy the revivifying influence of the sun's rays, and take exercise out of doors almost daily. Rome generally agrees well with old people, if not liable to head affections. Florence has also its advantages for those who are not much affected by the atmospherical vicissitudes, its climate being more bracing than Rome. Naples, again, when not too exciting, will be preferable in some instances, and Pau might suit several of those who would rather reside in France. The climate of Tours is likewise good, though colder and more variable than the south. But most persons, after having resided for a short period at any of the above-mentioned places, would be able to ascertain, by their own feelings, whether the climate were suited to them.

NERVOUS DISORDERS.—The advantage of traveling and climate in this class of complaints will scarcely be questioned by those who have had much opportunity of seeing how frequently they resist the efforts of medicine, and the great influence exerted over them by different states of the atmosphere. In some of these disorders, where, combined with a state of generally disordered health, there exists habitual depression of spirits, the brilliant skies, magnificent scenery, and anima

tion of Naples, would be most likely to procure their removal: Nice would likewise be an advantageous locality for two or three months; or even Florence, which offers more resources for amusement, would not be objectionable. Pisa would not be recommendable on account of its dulness, unless, perhaps, in some cases where there existed a morbid excitability of the system, in which also Pau would not be a bad locality. Rome would in most nervous complaints be objectionable for a prolonged sojourn, though there are exceptions, and a visit of a few weeks will generally be productive of advantage to those who have never been there, or who take great interest in its ruins, or works of art, by which the mind may be beneficially diverted. In some cases of nervousness, which a long residence in Italy would tend to increase, the passing a winter at Munich will be beneficial, especially to those with whom a cold bracing air is likely to agree. The diversion of the mind is a great point in these affections; hence travelling, and the moving from one place to another without hurry or fatigue, will frequently be more beneficial than residing for several months together in one place. In that class of nervous complaints to which I have endeavoured more particularly to direct the attention of the profession,* and which occur for the most part in females from the age of fifteen to thirty or thirty-five, I have frequently had occasion to observe the great influence of

* Treatise on some Nervous Disorders. Second Edidion, 1838.

moral and mental impression both in their production and removal, and the inefficacy of a treatment purely medicinal. Many of these complaints are, in fact, not unfrequently kept up for a long period, from the effect of habit, and from the patient's attention being concentrated upon them; any measures, therefore, which tend to break the chain of habitual thought, will be most influential in their removal.

Women, it is well known, being endowed with a more finely-organised nervous system, and a greater degree of susceptibility, are much more liable than men to the different varieties of nervous disorder. But we see that some classes of women are comparatively exempt from these disorders, and also that some individuals of the higher and middle classes are not only more subject to them, but also to other deranged conditions of their health, which not unfrequently lay the foundation for consumption and other orgonic diseases; or, even if they do not actually shorten life, tend to deprive it of enjoyment. This tendency to disease depends, it is true, in some instances, upon natural weakness and delicacy, but it is likewise frequently acquired by the mode of life and education by which the natural susceptibility to external influences is greatly increased. I have already alluded in a cursory manner to some of the predisposing causes of disease of a physical and moral nature; but with regard to the latter—which I consider to be more frequently instrumental in the

production of disease among the upper classes of the community than is generally imagined—let us look a little higher in the scale of causation, in order to see how far the consequences which numberless families have every year occasion to deplore may admit of prevention, which should be as much the object of the practitioner of medicine as the alleviation of disease when actually existing.

One of the most popular authors of the day* repeats an opinion which is very generally entertained, viz. that there is a greater degree of discontent among the rich classes in England than those of any other nation, which he considers to depend upon the circumstance of eager minds being placed in a dull and insipid circle, whence arises the desultory love of travel for which the English have long been remarkable. To the same cause may probably be ascribed those disturbances of the public peace which occasionally occur, which are peculiar to England, and are duly chronicled in certain of the papers under the head of "Gentlemanly Amusements;" and we might possibly, at a future period, hear of some of the actors in these exploits attempting to emulate the Fifth Harry in the latter as well as the earlier part of his career, were it not for the want of opportunities. The fact is, that the

* Sir E. L. Bulwer, "England and the English."

Englishman makes a very bad idler, and cannot, like the Italian, "lose and neglect the creeping hours of time," or exist on the "far niente" principle, without experiencing in one way or another the prejudicial consequences of a want of occupation. To this eagerness and activity of mind, combined with resolution and perseverance, is owing the spirit of daring and enterprise by which the British are characterized, which has mainly contributed to render them pre-eminently successful in war, foremost in the advancement and perfection of arts, sciences, commerce, and industry in peace, and consequently to raise our country to the high position in the scale of nations which she has so long occupied, and must continue to occupy,

"If England to herself do rest but true."

The English are endowed, perhaps more than any other people, with the combination of corporeal perfections and of mental capabilities of the highest order, which were never intended to lie fallow, for—

"Sure, he that made us with such large discourse,
Looking before and after, gave us not
That capability and godlike reason
To rust in us unus'd."

It is not, therefore, surprising, that in some of those who, by circumstances or inclination, are disqualified for the various avocations in which the bulk of the community are engaged, and whose energies are left to waste themselves upon trifles, a crav-

ing for novelty and excitement should be induced, leading, in some instances, to a too ardent pursuit of pleasure, in others to low associations and tastes, and consequently to mischief and occasional outbreaks in youth, and, after the sources of enjoyment are exhausted, to discontent, ennui, and indifference; by which many are driven to seek relief in constant change, feeling, perhaps, if they do not openly complain with the poet, that they—

"Roam along the world's tired denizens,"

and the usages of the world to be "flat, stale and unprofitable."

The tendency of education, as usually conducted among many of the middle and higher classes of the community, is such as to leave individuals chiefly dependent upon others for resources, if not engaged in the management of property, parliamentary or other fixed occupations; and the deficiency of general information is not unfrequently painfully felt by young men on entering the world, leading many of them to think with Montaigne, that "C'est un bel et grand adgencement, sans doute, que le Grèc et le Latin, mais on l'achête trop cher," and to feel in after-life, that if a more intimate acquaintance with history, various departments of science and art, modern languages and literature, &c., had been cultivated in youth, they would possess a variety of resources within themselves, which would enable them to

resist the approaches of ennui, without having recourse to means of excitement, which tend to enervate the body and mind, and rarely fail to induce a corresponding degree of subsequent depression. There are other powerful reasons (which are every year becoming more apparent) which strongly indicate the necessity of a more extended system of education,—as the universal diffusion of information of a general and practical nature among the inferior classes, &c.,—into the consideration of which, however, it is not my purpose to enter: my object being in this place merely to state my conviction that the almost exclusive attention which is bestowed upon matters in which few young people take an interest, and which have no reference to what is going on in the world around us, is an indirect cause of much of the discontent and ill health which affect many of those who have no fixed and regular occupation for their time.

There are, however exceptions sufficiently numerous to retrieve the character of the English among other nations, with respect to the variety and solidity of information upon general subjects; but these are entirely owing to individual energy and exertion tending to make up for lost time; and from the necessity of such information being apparent to those who have a higher ambition than merely to vegetate through the period of their existence.

Another cause of the dissatisfaction and ennui which so frequently occur among persons of the upper and middle classes, and which so commonly terminate in disordered states of the health, is the comparative unsociability of disposition which characterises many of the English; which arises in some instances from a degree of natural bashfulness, timidity, or reserve, but more frequently from the spirit of coterie, by which society is divided into a variety of gradations, separated from each other, and leading individuals to endeavour to outdo others in appearances, which may enable them to raise themselves a degree higher in the social scale, and to look down upon those whom they consider to be beneath them. Hence cordiality is banished, the circle of acquaintanceship is much narrowed, and, by mixing only with one set of associates, the ideas frequently become circumscribed, and the powers of the intellect rusted. Hence also the air of *hauteur* and pride of which the English are accused, and which renders some of them so unpopular and disagreeable both at home and abroad. The author of the "Diary of an Invalid" says, in reference to this peculiarity of some individuals, (which must not be considered a national characteristic, and which is even at the present day less prevalent than at the time when he wrote,) "If the French have a much greater share of vanity than their insular neighbours, they are at least untainted with that

ludicrous sort of pride, which thrives so prodigiously in England, setting a fool in fermentation, and swelling him out with inflated ideas of self-importance; for no one is here above speaking civilly to his inferior, how great soever the distance between them. The French too in many instances exhibit a praiseworthy disregard of outward appearances, to which the English, from pride or *mauvaise honte*, practise so obsequious a submission. In France no man need fear sinking in the estimation of his friends from the shabbiness of his coat, the height of his lodgings, or the fashion of his equipage." The aristocracy and gentry, and truly noble of the land, are however, for the most part, exempt from this petty sort of pride, and are generally distinguished for their urbanity and courtesy of manner; but it is principally confined to persons who are little known out of their own circle, who have mixed but little with the

* An incident which was made public some time ago, occasioned a good deal of amusement at the place where it occurred. A gentleman arrived at an hotel in one of the watering-places, and was shown his place at the public table, which he refused to occupy, and desired to be placed at the top. This, he was informed, was contrary to the rules, on which he apostrophized the landlord with a haughty air: Do you know who I am? No sir, was the reply. I am Sir — of —: to whom the host, nowise abashed, answered, I never heard your name before; but whoever you may be, I cannot alter my regulations. As may be expected, Sir — lost no time in quitting a house where he was treated with so little deference.

world, and who have been brought up with exaggerated ideas of their own importance.

To these and analogous sources may unquestionably be traced much of the weariness of spirit, and many of the bodily ailments, to which a proportion of the population are subject; while mental causes of a different nature, such as the worry, and anxiety, the hopes and fears, which agitate the minds of the professional, commercial, and trading portions of the community at the present time, when competition in almost every walk of life is stronger than at any former period, are no less instrumental in the production of disease among these classes. Many of those persons, likewise, who having been actively engaged during great part of their life, (as the statesman, merchant, lawyer or tradesman,) abandon their former pursuits, and retire to lead a life of mental and bodily inactivity, become from this cause more subject to disease; and slight disorders, which, in others who "have not leisure to be sick," from being little noticed, often subside with but little trouble, are in such persons not unfrequently aggravated from their having nothing sufficiently urgent to divert their attention. It is not therefore surprising that so long as the above-mentioned causes continue to operate, some disorders should so commonly fail to be permanently relieved by a purely medicinal treatment, and that they should in many instances so speedily yield to the combined influence of means which tend to remove the individual from

the sphere of action of these causes; as travelling, change of air and scene, &c., and of a proper regimenal and medicinal treatment.

Byron has somewhere justly observed, that

> "It need not cost much showing,
> That many of the ills o'er which man grieves,
> And *still more woman*, come from not employing
> Some hours to make the remnant worth enjoying;
> And hence high life is oft a dreary void,
> A rack of pleasures, &c.

I have marked part of the above quotation in italics, for the number of men who suffer and fall into bad health for want of fixed occupation is small when compared with that of the softer sex, for

> "Man may range
> The court, the camp, the vessel, and the mart,
> Sword, gown, gain, glory, offer in exchange
> Pride, fame, ambition, to fill up his heart."
> * * * * *
> Men have all these resources.

Whereas women, especially in England, are debarred by custom from taking any active interest in the occupations of their male relatives, and for the most part lead a sedentary in-door life, by which their nervous susceptibility is exalted, which, combined with the absence of regular occupation, tends to render many of them extremely liable to the encroaches of disease. The author of a popular work observes on this point, "The intellect and feelings not being provided with inte-

rests external to themselves, must either become inactive and weak, or work upon themselves and become diseased. In the former case the mind becomes apathetic, and possesses no ground of sympathy with its fellow-creatures; in the latter, it becomes unduly sensitive, and shrinks within itself and its own limited circle, as its only protection against every trifling intrusion."

"But, as mentioned above, the most frequent victims to this kind of predisposition are females of the middle and higher ranks, especially those of a nervous constitution and good natural abilities; but who, from ill-directed education, possess nothing more solid than mere accomplishments, have no materials for thought, and no regular and imperative occupations to excite interest or *demand* attention. Such persons have literally nothing on which to expend half the nervous energy which nature has bestowed on them for better purposes. They have nothing to excite and exercise the brain; nothing to elicit activity. Their own feelings and personal interests necessarily constitute the grand objects of their contemplations—these are brooded over till the mental energies become impaired; false ideas of existence and of Providence spring up in the mind; the fancy is haunted by strange impressions, and every trifle which relates to self, is exaggerated into an object of immense importance."*

An authoress, whose work has gone through

* Combe, "Physiology applied to Health."

thirteen editions within two years, (which shows that the importance of the subject upon which she writes is strongly felt and appreciated,) likewise says, "One of the most striking features in the character of the young ladies of the present day, is the absence of contentment; they are lively when excited, but no sooner does the excitement cease, than they fall back again into their habitual listlessness, under which they so often complain of their fate, and speak of themselves as unfortunate and afflicted, that one would suppose them to be the victims of adversity, did not a more intimate acquaintance with their actual circumstances convince us that they are surrounded by everything conducive to rational comfort."

"The grand error of the day seems to be that of calling themselves *ladies*, when it ought to be their ambition to be *women;* women who fill a place, and occupy a post; members of the commonwealth, supporters of the fabric of society; the minor wheels and secret springs of the great machine of human life and action, which cannot move harmoniously, nor with full effect to the accomplishment of any great or noble purpose, while clogged with the lovely burdens, and impeded by the still-life attitudes, &c."*

I dare not expose myself to the imputation of ungallantry by terminating the quotation.

With regard to the system of education and mode of life very generally adopted among females of the

* Ellis, "The Women of England."

upper ranks of life, which so frequently tends to the production of unhappiness and disease, it is not my intention to repeat what I have already said on the subject in another work;* but it will not be out of place to quote the opinions of some medical and non-medical writers respecting the consequences which they are instrumental in producing, and which are frequently referred, by those who are most interested in preventing them, to other than the true causes.

Thus, an eminent French medical author (Georget) says on this subject: "Inactivity of the muscular system, the cultivation of music, frequent parties, balls, and public entertainments, the understanding unemployed, or books read which only excite certain feelings, and nourish illusions contrary to the actual state of society; such are often the different influences to which girls are subjected, at an age when the powers of the mind should have quite a contrary direction. The end answers to the means; one order of faculties alone is exercised; and this will become predominant over the reasoning faculties, occasioning a host of vaporous, hysterical, hypochondriacal, and maniacal disorders." This passage is quoted by the talented author of the article "Hysteria" in the Cyclopedia of Practical Medicine, who continues, 'And even in England, where an acute sensibility is less desired for young women than accurate powers of *calculation*, the improper expectations,

* Treatise on some Nervous Disorders. 2nd Edition.

the vain rivalries, the restless and frivolous pleasures of fashionable life, are but too well calculated to produce all the varieties of nervous disorders in young persons whom an affected refinement has debarred from active and natural exercises, and whose minds have never been subjected to the influence of self-control."

Again, the same author observes, "Whilst the want of all love of literature, or acquaintance with science, and consequently of all companionable qualities of a higher kind, diffuses an ennui over society, that every one feels without thinking of its source, and by which the whole moveable community is driven about from one place of public resort to another, without useful objects, without attachments, without duties; leading to the habitual neglect of all self-government, and the creation of much domestic wretchedness."

Dr. J. Johnson remarks on the same subject: "Few are acquainted, or are capable of becoming acquainted, with the baneful consequences of this system; but many are doomed to feel them. The poisoned arrow, in this case, leaves no wound; but the venom meanders slowly through the veins, and effects its destructive work unseen and unknown. What but evil can be expected from a system of education which enervates the mind and enfeebles the body; which polishes the exterternal senses, and leaves the intellect a prey to rust and moth; which excites the imagination, and obtunds the judgment; which, to speak out plainly,

fosters mere animal feeling, and discourages moral sense."* The same author, in another of his works, says, "Female education is, indeed, more detrimental to health and happiness than that of the male. Its grasp, its aim, is at accomplishments, rather than acquirements; at gilding rather than gold; at such ornaments as may dazzle by their lustre, and consume themselves in a few years by the intensity of their own brightness, rather than those which radiate a steady light till the lamp of life is extinguished."†

M. Aimé Martin, whose work I have already quoted,‡ observes, "Certes, si la vie des femmes devoit se concentrer dans les ateliers et les fêtes; s'il s'agissoit pour elles seulement d'eblouir, et de plaire, le grand problême seroit resolu par cette education de soirées; mais les heures de plaisir sont courtes, et à leur suite arrivent les heures de reflexion. La vie interieure, la vie morale, les devoirs de mère, et les devoirs d'epouse, tout cela arrive, et tout cela a été oublié. Alors on se trouve dans le vide au sein de sa famille, avec des passions romanesques, une exaltation sans frein, et l'ennui ce grand destructeur de la vertu des femmes. Des suites funestes de cet etat de choses les gemissemens en battent nos oreilles; c'est le cri de toutes les merès, la plainte de tous les maris, et dans ces etreintes douloureuses ou chacun s'agite, se desespere; le pis est que l'insouciance termine tout."

* Change of Air. † Economy of Health.

‡ D l'Education des Mères de Famille. 3rd Edition.

" Ainsi à mesure que nous cherchons le but, tout disparaît. Rien pour le bonheur particulier, rien pour la prospérité générale. Reste le monde, et c'est là en effet que tendent toutes nos previsions. On songe à lui plaire bien plus qu'a lui resister. On veut briller, on veut regner. La vanité, voilà le but que les plus tendres meres ne cessent de montrer à leur filles, et vers lequel le monde, qui les pousse, les voit se briser avec indifference. Vanité dans la parure! Vanité dans les talens agréables! Vanité dans l'instruction!—Soyez belle, soyez polie, on vous regarde! Soyez douce, soyez soumise, on vous ecoute, dit une mere à sa fille, ce qui veut dire, mettez partout l'apparence à la place de la realité. Ainsi la vanité couvre tout; c'est le paraître et non l'être qui fait l'education. Que la musique, la peinture, la danse, charment les loisirs d'une jeune fille, rien de mieux. Mais pourquoi d'une distraction charmante faire une tache lourde et penible! Pourquoi la rasassier d'un travail qui ne devroit être qu'un plaisir? Belle question! vous lui vouler des talens qui l'amusent, et nous les talens qui la fassent applaudir: encore la vanité!

" Nous elevons nos filles dans la vanité et dans l'innocence, puis nous les donnons à un mari qui detruit leur innocence, et cultive leur vanité, ainsi la vanité reste seule, et là commence son role actif et desastreux. Elle dit à la femme que la beauté merite des hommages; que le bonheur c'est dans le luxe, que la fortune donne tout, consideration et bien-être, et

qu'il faut acquérir la fortune. Ce que dit la vanité la femme le veut, et l'homme l'exécute; c'est le train du monde. On y sacrifie le repos, la santé, et jusqu'à la conscience ; on y emploie les plus belles années de la vie; aprés quoi, ceux qui ont le mieux réussi tombent dans le dégoût, et se plaignent avec amertume de n'avoir rencontré que le neant."

I will terminate these extracts on this part of the subject, with a passage from the work of Mrs. Ellis, already quoted.

" There is an appearance among the women of the present day of being too eager for an immediate tribute of admiration to wait for the developement of moral worth, and thus they cultivate those more shining accomplishments which dazzle and delight for the moment, but leave no materials for agreeable reflection behind. Like the conductor of an exhibition of fire-works, they play off their splendid combinations of light and colour, but the magazine is soon expended, and the scene closes with weariness and vacuity, and the darkness of night."

" What a waste of time, and means, and application, for such a result! What an expenditure of thought and feeling to have produced this momentary display ! Surely no philanthropist can behold unmoved the pitiful objects for which women, who court the incense of admiration, are spending their lives. Surely none of the patriot sons of Britain can look on and see with indifference the sisters, the wives, and mothers, of our English

homes, perpetually employed, even in a world of care and suffering, of anxiety and disappointment, in administering to the momentary gratification of the eye and the ear, while the heart is left unsatisfied, and the drooping soul uncheered."

But independently of the prejudicial consequences resulting from the want of regular mental and bodily occupation, and from the undue exaltation of the nervous susceptibility, there are others no less baneful, which the exclusive cultivation of and reliance upon qualifications which tend merely to the gratification of the senses, is mainly instrumental in producing, and which frequently give rise to various states of disordered health, for which relief is sought in foreign travel and constant change. I allude, principally, to the domestic unhappiness occasioned by the *mésalliances* which are of such frequent occurrence, and which one of the greatest of our modern bards has illustrated by the simile of the boy and the butterfly.

> "The lovely toy so fiercely sought
> Hath lost its charm by being caught,
> And every touch that woo'd its stay
> Hath brush'd its brightest hues away,
> Till charm, and hue, and beauty gone,
> 'Tis left to fly or fall alone."

The admonition of Ariosto may also not be here misplaced—

> "Guardatevi di questi che sul fiore
> De'lor begli anni il viso han si polito,

Che presto nasce in loro, e presto more,
Quasi un foco di paglia ogni appetito.
Come segue la lepre il cacciatore
Al freddo, al caldo, alla montagna, al lito,
Ne' piu l'estima poi che presa vede,
E sol dietro a chi fugge affreta il piede."

Mrs. Ellis says on this subject, "The false system of behaviour kept up between those who are about to enter into the relation of marriage is such, that when they settle down upon the true basis of their own characters, and appear to each other what they actually are, the difference is sometimes so great as almost to justify the inquiry whether the individual can really be the same."

"Que faire donc?" inquires M. Aimé Martin; "rendre les femmes au sentiment complet de leur dignité, et leur apprendre à distinguer le véritable amour des fureurs qui portent son nom. Le premier point c'est qu'elles veuillent être aimées et respectées . . . . . c'est qu'elles apprennent enfin tout ce qu'il y a d'avillissant dans ces hommages qui les transforment en instrumens de caprice et de volupté."

"Ouvrez l'ame des jeunes filles au véritable amour; c'est les armer contre les passions corruptrices qui en usurpent le nom; et ici l'avantage est double, car, en exaltant les facultés aimantes de l'ame, vous paralysez en quelque sorte les passions délirantes des sens."

This author further says—"Dans la crainte de trop emouvoir le cœur, nous cachons aux femmes

tout ce qui est digne d'amour: nous laissons égarer le sentiment du beau qui est en elles sur des futilités: les dehors leur plaisent, le dedans leur est inconnu; aussi lorsqu'après six mois d'union, elles cherchent auprès d'elles ce jeune homme charmant qui les enivrait de sa presence, elles sont fort etonnées de n'y trouver qu'un impertinent ou un sot. Voilà cependant ce que les gens du monde nomment assez généralement un mariage d'inclination."

"Les hommes seront toujours ce qu'il plaira aux femmes. Si vous voulez qu'ils deviennent grands et vertueux, apprenez aux femmes ce que c'est grandeur et vertu," says Jean Jacques Rousseau; and in fact men receive their first impressions and ideas, which generally give a bias to their character in life, from their mothers, who have the charge of their early education; and that the influence of women in the social scale, which so greatly contributes to the civilisation and happiness of mankind, is necessarily dependent upon the degree of cultivation of the intellectual and moral qualities, is abundantly proved by the contrast presented in the condition of different communities, and even by that of different families in the same community, according as the women are possessed of information and a due sense of moral obligations, or are deficient in these respects. Look at the state of the peasantry and labouring classes in different countries, or even in different districts of the same country! Wherever you see

the men brutalized, and void of religious or moral principle, you may be pretty sure there is a want of a proper controlling influence of the women, who not unfrequently participate in the general demoralization. Contrast also the position, in this respect, of the more civilised countries of Europe with that of Eastern countries, where women are considered only as "materials for pleasure." The Turk or Asiatic leads a purely animal existence, and dreams of little else than sensual gratifications, to which also he is led to look up as the source of happiness in a future life; but which, even supposing the perpetual absence of the "dull satiety which all destroys," would be insufficient for an intellectual being, who cannot but feel that

> "Or bathed in bliss, or overwhelmed with woe,
> The heart will still require a kindred heart.
> Divided joy bids double joy o'erflow,
> And pain divided loses half its smart." *

"Il importe en amour," says a French authoress, "que les impressions viennent des beautés morales; celles qui sont occasionnées par les beautés physiques sont trop passagères;" and this was well exemplified in the instance of Soliman Bey, (whose name appeared in the papers as connected with the recent events in Syria) a Frenchman by birth, and one of Napoleon's officers, who several years ago entered the service of Mehemet Ali, by whom he was pro-

* Translated from Goethe.

moted to the above rank, and acquired riches which enabled him to live in a style of Eastern luxury, and to possess a harem containing several examples of the perfection of female beauty. It is mentioned in a French monthly periodical, that on the occasion of a visit from one of his former friends, who expressed his delight at his prosperous and apparently happy condition, Soliman quickly undeceived him, saying, in allusion to his harem, "Think not these constitute happiness. Send me a French, an English, or an Italian woman, whom I can regard as a companion, and I promise to marry her, and to dismiss this troop of creatures without soul and without ideas." Thus affording a practical illustration of what is every day felt in more civilized countries—that

"The mind alone can chain the mind."

The sacrifice of the feelings in marriages, contracted principally or altogether from interested motives, is likewise not unfrequently productive of disease at a period more or less remote, when experience is acquired of the truth of the adage,

"Ni l'or ni la grandeur ne nous rendent heureux;"

for though such sacrifice is considered by many to be frequently a necessary consequence of an artificial state of society, its effects are not on that account the less frequently felt; and if, as a classical author has expressed it,

" L'état du mariage
Est des humains le plus cher avantage,
Quand le rapport des esprits, et des cœurs,
Des sentimens, des gouts, et des humeurs,
Serre ces nœuds tissus par la nature,
Que l'amour forme, et que l'honneur epure;
Un tel hymen, une union si chère;
Si l'on en voit, est le ciel sur la terre.
Mais tristement vendre, par un contrat,
Sa liberté, son nom et son etat,
S'éviter ou se quereller le jour,
Sans joie à table, et la nuit sans amour,
Gemir, secher dans sa douleur profonde,
Un tel hymen est l'enfer en ce monde;"

it is no less true that under our present social system the " secret sympathy"

" Which heart to heart, and mind to mind,
In body and in soul can bind,"

is comparatively seldom experienced or responded to, and that if individuals were to wait in the expectation of meeting with " what they love, or could have loved," joined to a congeniality of tastes and dispositions, with suitableness in other respects, they would in most instances have to pass their lives in celibacy, which, being a state opposed to the laws of nature, is likewise frequently productive of disease.

A reason why marriages of inclination, or of *convenance*,—or when contracted from the same reason (which is by no means the least frequent) which induces the King in the Cenerentola

" Che a star solo s'annoio,"

to decide upon entering the holy state,—when not followed by domestic happiness, should be more frequently attended by a disordered state of the health of women in England than in some other countries, will, I think, be sufficiently obvious. In France and Italy, young girls pass for the most part a secluded sort of life, and are generally anxious to be married, as the means which will enable them to enter into and have a position in society, frequently without being very particular as to the individual who is presented to them as their future husband; whereas, in England, young ladies are frequently made the idols of society, enjoying all its pleasures before marriage, and have, or are supposed to have, a free choice in the acceptation or refusal of those who aspire to be their husbands, and after that event retire into the comparative seclusion of domestic life; when, if unhappy in their choice, or if not possessed of sufficient resources for occupation and amusement, they are apt to fall into low spirits, and to reflect with bitterness on the contrast which its monotony presents to their former mode of existence,

> "When life itself was new,
> And the heart promised what the fancy drew."

Not but that the pleasures of general society, which are at first so attractive, are often felt after a few seasons to be extremely monotonous, even if they do not become actually distasteful, though perhaps they are still continued from habit, or from having

nothing else to do. " Pensons-nous," says Montaigne, " que les enfants de chœur prennent grand plaisir à la musique? la satiété la leur rend plutôst ennuyeuse. Les festins, les danses, les mascarades, les tournois, rejouissent ceulx qui ne les veoyent pas souvent, et qui ont desiré de les veoir; mais à qui en faict ordinaire le goust en devient fade et malplaisant. *Qui ne se donne loisir d'avoir soif, ne sçauroit prendre plaisir à boire." *

If this be frequently the case under ordinary circumstances among those who are comparatively free from cares, and who have " all appliances and means to boot," how much more so must it be with others, when there are superadded the various positive causes of mental annoyance which are sometimes concealed beneath the smiling countenances in the glittering salon, and which it is unnecessary to particularize!

I have thus enumerated some of the more frequent causes of a mental origin which predispose to disease, but there are others which might have been mentioned, and which, as well as the above, if not altogether peculiar to England, are at all events productive of more serious consequences than elsewhere; and the influence of these causes will be quite sufficient to account for the greater degree of discontent, ennui, and ill health, without the necessity of our ascribing these effects to our variable climate, thick foggy atmosphere, &c. These, it is true, are not unfrequently the exciting

* Essais.

causes of disease, but were it not for the others which render the body more liable to be affected, their sphere of operation would be infinitely more circumscribed. This is shown to be the case by the comparative freedom of some classes, who lead regulated lives, and are engaged in pursuits which are sufficient to occupy their time without being attended with much anxiety, from several diseases which are extremely prevalent among other classes. The quakers, for instance, whose minds are seldom ruffled by stormy passions, who are but little apt to allow the powers of the imagination to predominate over the judgment, and who are remarkable for their equanimity of temper, are much longer lived, and, as a body, are healthier than any other class of the population. I adduce this example, not that I think the mode of life of the quakers to be either generally applicable or desirable, but merely as an illustration of the great instrumentality of mental causes in the production of disease. The climates of Holland, and of many parts of Germany, are much worse than ours, and yet the proportion of several diseases and disordered states of health, which are so prevalent among the upper and middle classes—especially females—in England, is infinitely smaller among the higher classes of these countries, because their temperament, education, and mode of life, are different from ours. The variableness of our climate is, in fact, more favourable to health and exertion than the reverse, for persons in good health;

but it does not follow from this that a change to another climate would not often be beneficial, or that it is not frequently indispensable for invalids. Sir Humphrey Davy says, "Of all the climates of Europe, England seems to me to be most fitted for activity of the mind, and the least suited to repose. The alterations of a climate so various and rapid continually awaken new sensations, and the changes in the sky, from dryness to moisture, from the blue ethereal to cloudiness and fogs, seem to keep the nervous system in a constant state of excitement. In the changeful and tumultuous atmosphere of England to be tranquil is a labour, and employment is necessary to ward off the attacks of ennui. The English nation is pre-eminently active, and the natives of no other country follow their objects with so much force, fire, and constancy."*

As far as beauties of scenery, natural curiosities, and other objects calculated to restore the health, by diverting the mind, are concerned, the British Isles possess equal advantages with many parts of the continent; and less of the inconveniences of travelling will generally be experienced in excursions to several of the localities most visited by tourists in England, Wales, Scotland, or Ireland, than on the continent, though these inconveniences are not unfrequently greatly instrumental in the attainment of the object which is sought

* Consolations of Travel.

for; and when the mind is agreeably excited, travelling has also the effect of rendering the body much less susceptible to external influences, which under other circumstances would often be severely felt. I have known several persons in delicate health, who when stationary at home were extremely liable to be affected by slight changes of the weather, and were unable to walk a short distance without feeling greatly fatigued, who, when sight-seeing abroad, as among the mountains of Switzerland, have been able to undertake walks of several miles without experiencing sensations of fatigue, and who, after having got wet through in the rain, were unable to take off their clothes till they had become dry, without taking cold or being otherwise prejudicially affected. The appetite, likewise, being sharpened by travelling and constant change of air, not only renders persons much less particular as to the quality of the food which is set before them, but enables the stomach to digest with facility many substances which would at other times be likely to disagree. Travelling in England for health or pleasure is, however, for the most part, restricted to the summer and early autumnal months: whereas a principal advantage of many parts of the continent which are frequented by the English is, that a journey may be undertaken at almost any time of the year, and, as I have before said, a residence at any of these places enables persons to be more out of doors in the winter, than they could be in England.

The continent likewise possesses advantages over England, on account of the greater variety of impressions produced by the novelty of seeing the different habits, manners, &c. of the people, of hearing a foreign language; the towns also offer a much greater variety of resources, in the numerous galleries, objects of art, &c., likely to excite an interest, so that when a protracted absence of several months is contemplated, it is infinitely preferable.

With respect to the permanent residence of individuals in health, the continent has its advantages and disadvantages. Single men and others, who have no particular ties, and can move from place to place, find more resources in the way of occupation and amusement, at a comparatively cheap rate than they could do in England. There is likewise more association abroad, from the circumstance of people meeting more at public places, as restaurants, cafés, tables d'hôte, theatres, and from their being for the most part *desœuvrés*, or in pursuit of the same object—amusement. Whereas in England many of this portion of the population, who have not a large circle of acquaintance, are frequently under the necessity of eating their solitary dinner in their apartments, or at their club, and of passing the evenings alone. This is one of the reasons why a prolonged sojourn in London is distasteful to foreigners, who have but few friends and no fixed occupation. The above-mentioned circumstances, however, tend to beget in our countrymen

the habit of a wandering, idle, and unsettled sort of life, which many of them find, after a time, to be but ill suited to their natural activity of disposition, and are consequently greatly instrumental in the production of discontent and ennui.

The principal inducements for families to prefer a residence on the continent to England are economy, the comparative facilities for the education of children, as far as languages and accomplishments are concerned, and the more easy and unrestrained tone of society. Persons, it is true, might live in many parts of England as cheaply as on the continent, but they could not procure the luxuries of life at so low a rate. Thus, house-rent, the keep of carriages, horses, servants, the price of wines, public amusements, &c., are in many towns little more than half the expense which they would be in England, and in some places are much less: a family might, for example, live in any of the principal towns in Italy for eight hundred pounds a year, in the same manner which would require two thousand in London. In the towns of Germany and the south of France the rate of living is even lower. Many, however, who do not remain the whole year at one place, add considerably to their expenditure by travelling about from place to place. Florence is, perhaps, on the whole, the most eligible town for a permanent residence in Italy. Tours, Pau, or, where English society is not required, Toulouse in the south of France, Munich, Dresden, and

Frankfort, are the most eligible among the large towns of Germany. Brussels presents likewise many advantages, but is nearly twice as expensive a residence as Bruges. Boulogne is the pleasantest residence in the north of France. Several English have established themselves at Caen and other towns in that neighbourhood, where living is very cheap; though I cannot speak of its other advantages, never having visited that part of the continent. With regard to education, though instruction in accomplishments is more easily obtained abroad, and a knowledge of languages is best acquired in the different countries; yet it is very questionable whether a prolonged residence for young people on the continent be not rather disadvantageous than the reverse, in more respects than one. The passing of several successive years in Italy, or even a single entire year, in some instances is generally prejudicial as far as health is concerned, especially to young people, from the relaxing and enervating nature of the climate, and the prevalence of malaria in some parts. Young ladies in particular frequently exhibit in their countenances and general appearance the marks of a prolonged residence in a southern clime, and I perfectly agree with Lady Blessington, who is likely to be a very good judge of such matters, that "the Italian climate has the same effects on female beauty as a hot-house on rose-buds; but it quickly withers full-grown roses. Women of twenty-five in Italy look quite as *passées* as those

of thirty-five in England, and after twenty they lose that freshness of complexion which forms so great a charm in our young women. In short, they want the appearance of youth, for the absence of which no beauty can compensate."* England likewise has greatly the advantage over Italy for a permanent residence, as far as longevity is concerned. Thus at Naples the average annual mortality is about one in twenty-eight persons of the whole population; at Florence and Rome it is not much less; whereas in London it amounts only to one in forty; and taking the account for the whole of England, to no more than one in sixty; so that if these statistics be correct, the advantage of England in this respect is manifest; but it does not follow that those who have the power of choosing the periods of their residence, may not frequently avail themselves of that which is good in both, and derive much gratification, as well as benefit to their health, by a visit to Italy for a few months in the year.

* Idler in Italy.

NOTES.

A LONG list of articles is given in some of the guide-books as necessaries which families proceeding to the continent should take with them, but which, however requisite many of them might have been twelve or fifteen years ago, would now only be cumbersome, the accommodations on the roads as well as in the towns having so much improved of late years, that few articles would be likely to be required which could not readily be obtained. It will add materially to the comforts and advantage of invalids who travel *en poste*, to have a courier who rides before, to avoid the delays at the post-stations, at frontiers, &c., and to have apartments at the hotels ready prepared on the arrival of his employers, as these circumstances often occasion a good deal of discomfort and annoyance to persons in bad health. An easy English-built carriage from a maker's on whom reliance can be placed,* fitted up with conve-

* Turrills of Long Acre (whom the author can with confidence recommend) have always on hand a stock of carriages adapted for continental travelling.

niences, and springs and wheels suited to the continental roads, is requisite for those who wish to travel in comfort. Many of the roads, especially in France and Belgium, are paved, which sometimes occasions considerable fatigue. For elderly and delicate persons who are liable to be affected by the transitions of temperature, a post-chariot is the best: for others a light travelling britscka, or *chaise de poste*, will best answer the purpose. It is very advisable for invalids, as well as persons in health, not to sit too long at a time in the carriage, but to get out now and then to walk up the hills, or at the post-stations, as by so doing, the fatigue consequent upon the muscles being kept long in the same position will be avoided. Those persons who labour under affections of the air-passages should be provided with a Jeffrey's respirator, though its too frequent use is not to be recommended, as tending to render the respiratory organs more susceptible. A pair of leather sheets may be placed beneath the seat-cushions, as a precaution against damp beds, which, however, are seldom met with in France or Italy. Essence of ginger is a useful stimulant; and a teaspoonful in a cup of tea on arriving after a day's journey is very refreshing. Those who are in weak health, and travellers in general, should eat very sparingly of animal food when on a journey, as it tends to produce heat and flushing. Black tea is one of the most useful articles travellers can be provided with, as it is seldom good in small towns or at inns

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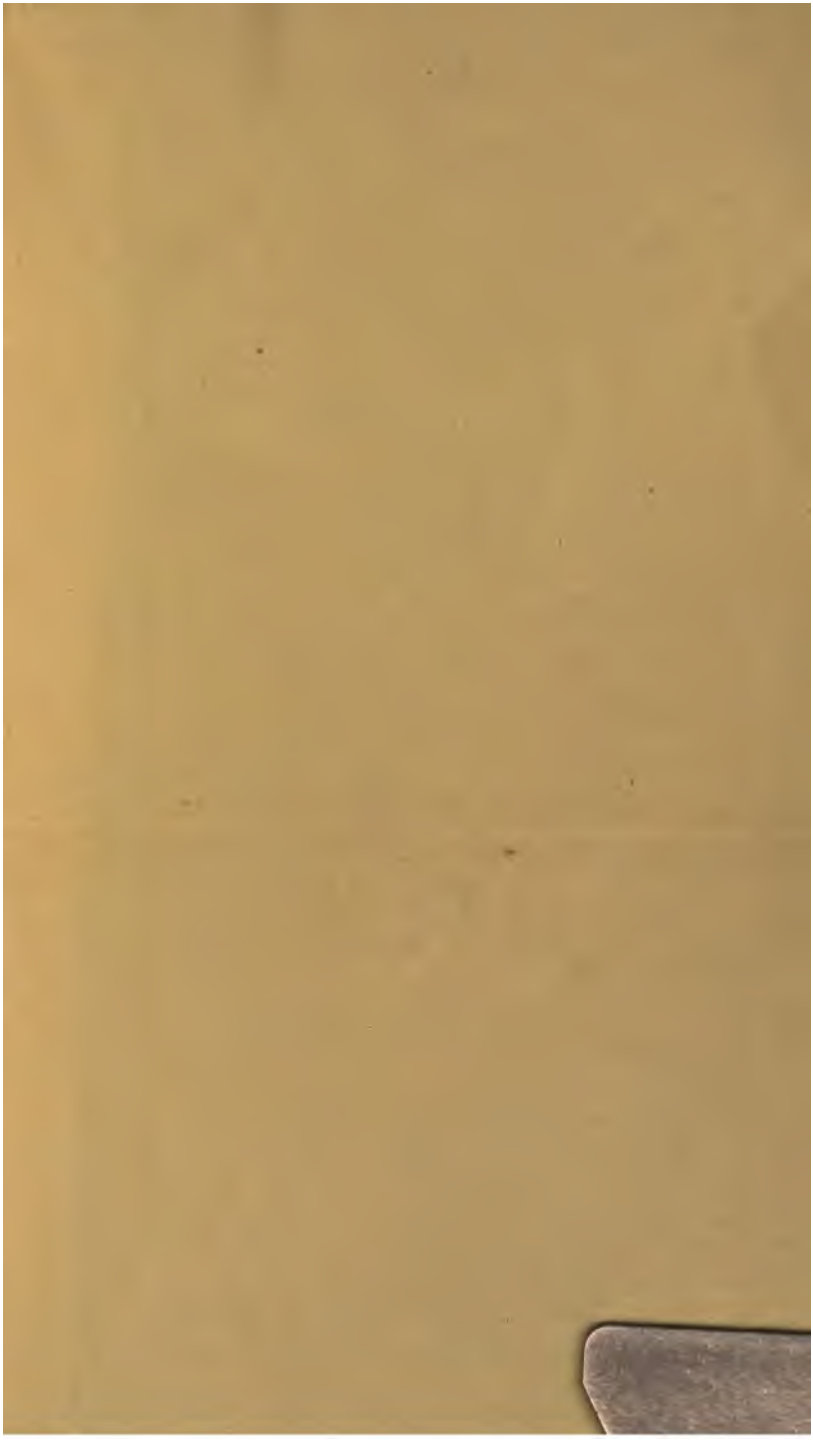
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